

DELIGHTES

for Ladies, to adorne

their Persons, Tables, &c.

closets and distil-

latories.

I never saw another copy
WITH

Beauties, banquets, perfumes
and wines.

Job for a day's Work
Reade, practise, and assay
Hampstead Novr

1600
1600
1600
1600
1600

AT LONDON

Printed by Peter Short.

1600

Bye and aye, ^{and} aye and aye,
Bye and aye, ^{and} aye and aye,

Bye and aye, ^{and} aye and aye,
Bye and aye, ^{and} aye and aye,

Bye and aye, ^{and} aye and aye,
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Bye and aye, ^{and} aye and aye,
Bye and aye, ^{and} aye and aye,

To all true Louers of Arte
and knowledge.

Sometimes I writ the formes of burning balleys,
Supplyng wants that were by woodfals wrought
Sometimes of tubs defended so by arte,
fire in vaine bath their destruction sought :
metimes I writ of lasting Beuerage,
eat Neptune and his pylgrims to contente :
metimes of foode, sweete, fresh, and durable,
maintaine life, when all things els were spent :
metimes I writ of sundries sortes of soile,
whch neither Ceres nor her bandmaids knew,
writ to all, but scarsly one beleenes,
ue Diue and Denshire, who haue found the woe
ben beauens did mourne in cloudy mantles clad,
and threatened famine to the sonnes of men :
ben solbing earth denide her kindly fruit
paufull ploughman and his hinds, euen then
writ relieving remedies of dearth,
at Arte might helpe where nature made a faile :
at all in vaine, these new borne babes of Arte,
their untimely birth straight way do quake.

THE EPISTLE.

Of these and such like other new found skilts,
With painfull pen I whilome writ at large,
Expecting still my countreis good thererin,
And not respecting labour, time, or charge.
But now my pen and paper are perfum'd,
I scorne to write with coppres, or with gall,
Barbarian canes are now become my quills,
Rosewater is the inke I write withall :
Of sweetes the sweetest I will now commend,
To sweetest creatures that the earth doth beare :
These are the Saints to whom I sacrifice
Preserves and conserues both of plum and peare.
Empalings now adew, rush marchpaine wals
Are strong enough, and best be firs our age :
Let piercing bullets turne to sugar bals,
The Spanish feare is burst and all their rage.
Of Marme'ade and paste of Genna,
Of mushed sugars I intend to wright,
Of Leach, of Sucket, and Quidima,
Affording to each Lady her delight.
I teach both fruits and flowers to preserue,
And caudy them, so Nutmegs, clones, and mace :
To make both marchpane paste, and sugred plate,
And cast the same in formes of sweetest grace,
Each bird and foule so mouled from the life,
And after cast in sweete compounds of arte,
As if the flesh and forme which nature gane,

THE EPISTLE.

I still remaine in every lim and part,
when chrysta'l frostis haue nipt the tender grape,
and cleane consum'd the fruits of every vine,
beere behold the clusters fresh and faire,
from the branch, or hanging on the lime.
Walnut small nut, and the chesnut sweete,
rose sugred kernels loose their pleasing taste,
beere from yeere to yeere preserued,
and made by arte with stronge β fruits to last.
Articbrke, the apple of such strength,
Quince, the Pomgranate, with the Barbery,
sugar vs'd, yet co'own, taste and smell,
beere maintain'd and kept most naturally.
Ladies closets and their stillatories,
waters, ointments and sweet smelling bals.
use termes without affected speech,
are present most ready at their cals,
at least with carelesse pen I should omit
wrongs that nature on their persons wrought,
arching sunne with his hot fury rayes,
these likewise relieving meanes I sought.
idle thoughts, nor vaine surmised skilz,
ancie framde within a theorique braine,
Muse presents unto your sacred eares,
in your fauours falsly I disdaine.
In painfull practise, from experience,
and, though costly mysteriez I derive

THE EPISTLE.

With firy flames in scorching Vulcans forge,
To feast and fine each secret I do strive :
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile,
So when shewakes, she happily may record,
Her sweetest dreames in some more pleasing stile.

H. Plat.

TH

THE TABLE.

Good Reader, for the understanding of this Table, know that a, b, c, d, do give directions unto the four severall parts or treatises of this Booke, (a) for the first, the rest in their order.

A Nula Campana rootes preserued.

Almonds in Leach	a, 1
Almond butter to make	a, 27
Almonds into gelly	a, 38
Alliger distilled	b, 16
Apples kept drie all the yeare	a, 47
Aquarubea.	"b, 7
Aqua composita of D. Steuens	b, 8
Artichokes kept long.	a, 69

B

B Ags sweet to lie amōgst linnen.	d, 35
Ball to take out stains	d, 3
Ball to wash with	d, 3
Balme water.	b, 5
Beaumanger.	c, 11
Beefe roasted kept long.	c, 18

THE TABLE.

Beefe powdered kept long without charge.	c.19
Beefe fresh at the sea.	c.20
Beautie for the face	c.7.14
Bisket bread, or French bisket	a.19
Bisket called prince bisket	a.20
Bisket called biskettello	a.21
Bloud of hearbs	b.22
Borage candied	a.21
Botling of beere truly	c.27
Bottles mustie helped	c.28
Bottle ale most excellent	c.32
Brawne to eat tender and delicate.	c.13
Broome capers preferued	a.37
Broiling without smoke	c.36
Bruise helped	d.24
Butter tasting of spice or flowers	a.21
Cakes sweete without spice or sugar.	a.60
Candyng of flowers	a.9.53
Candyng in rocke candie	a.33.43
Candyng of Ornge pilkes	a.33.5
Candles for Ladies tables	c.39
Candles hanging in the aire	c.40
Capers of broome preserved	a.37
Capon boyled in white broth.	a.31.5
Casting	

THE TABLE.

Casting in sugar plate.	2,13
Casting of sugar in party moulds.	2,43
Casting and moulding of fruit	2,44
Cherries preserued	2,8
Cherie pulp kept drie al the yeere.	2,45
Cheries dried in the sunne.	2,46
Choese extraordinary	c,22
Chesnuts kept long	2,73
Chilblanes helped	d,15
Chine of veale or chicken boiled.	c,10
Cinamon water	b,10
Collis white and like gellie	2,55
Comfits of all sorts	2,54
Conserue of Prunes or dāsons.	a,50,52
Conserue of Strawberries	2,51
Cowbumbers preserued	2,34
Cowflep paste.	2,40
Cowflep water or vineger of the color of the cowflep.	c,34
Crayfish kept long	c,31
Creame clowted.	c,23
D	
Damaskē powder	d,2,9
Damsons in marmelade	2,31
Damson pulpe kept all the yeare.	2,43
Damsons in conserue	a,50,52
Deatifrices for the teeth.	d,26
A 5	
Distilly-	

THE TABLE

Distillation of hearbes in a new maner.

Drying of fruits in the sun. b,13

Drying of fruits in the sun. a,46

E Glantine water. b,20

E Eringo rootes preserued. a,3

Extract of vegetables. b,19

F Face spotted or freckled to help. d,6

Face made faire. d,7,14

Face full of heat helped. d,11,16

Face kept white and cleare. d,13

Fish into paste. c,14

Fish fried kept long. c,17

Flesh kept sweet in summer. c,24

Flies kept from oily peeces. c,30

Flounder boiled on the French fashyon. c,3

Flowers preserued. a,7

Flowers candied. a,9,11

Flowers in rocke candie. a,42

Flowers

THE TABLE.

Flowers dried without wrinkling	a, 53
Fruit preserued	a, 8
Fruit how to mould and cast	a, 44
Fruit kept drie all the yeare.	a, 45, 46. 47
Fruit kept long fresh.	a, 70.

G

G Ellie chrystalline	a, 25
Gelly of fruits	a, 29
Gelly of Almonds	a, 58
Gilloflowers kept long	a, 61
Gilliflower preserued	a, 7
Gilliflower water	b, 20
Gingerbread	a, 22
Gingerbread drie	a, 23
Ginger in rocke candie	a, 33. 42
Ginger greene in sirup	a, 49
Ginger candied	a, 53
Gloves to perfume	d, 34
Gooseberries preserued	a, 8
Grapes growing all the yeare	a, 62
Grapes kept till Easter	a, 64

H

H Andwater excellent	d, 2, 28
H Hands stained to helpe.	d, 5
Hands	

THE TABLE.

Hands freckled to helpe	d,6
Handwater of Scotland	b,21
Hafell nuts kept long	'a,72
Blaine blacke altered	d,30,37
Haite made yellow	d,36
Hearbs distilled in a new maner	b,11
Hearbs to yeeld salt	b,12
Hearbes to yeeld bloud	b,22
Honey to yeeld spirit	b,13

I

Rish Aqua vitæ	b,9
Isop distilled in a new maner	b,13
Juyce of Orenges or lemmons kept all the yeare.	c,35
Numbolds to make	a,16

L

Arkes to boile	c,4
Lauender distilled in a newe man- ner	b,11
Leach of Almons	a,27
Leach	a,59
Leg of mutton boyled after the French fashion	c,7
Lemy	

THE TABLE.

Lemmons in Marmalade	2,41
Lemmon moulded and cast	2,44
Lemmon iuyce kept all the yeere	c,35
Kettuce in sucket	2,31
Iquierice paste	2,40
Lobsters kept long	c,34

M

M ace in rocke candie	2,43
Mallard to boile	c,6
Marchpane paste	2,12,18
Marigolds preserued	2,37
Marigolds candied	2,9,18
Marigold paste	2,40
Marmelade of Quinces or Damions	2,30
Marmelade of Lemmons or Orengea.	2,43
May dewe clarified	d,33
Morphew helped	d,21,22
Mulberries in gellic	2,19
Muske sugar	2,3
Mustard meale	c,25
Mustinessse helped or preserued in wa-	
ters.	lb,24
	Nut-

THE TABLE.

		Pear
		Per
		Per
		Per
		Pic
		Pic
		Pig
		Plu
		Plu
		Por
		Pre
		Pre
		Pre
		Pru
		Pul
N	Nutmegs in rocke candie.	2,33,42
	Nutmegs candied	2,53
	Nuts molded and cast off	2,44
	Nuts kept long	2,72
O		
O	Oranges preserued.	2,34
O	Ornge pilles candied	2,35
O	Oranges in marmelade	2,41
O	Ornge molded and cast off	2,44
O	Ornge juice kept all the yere	2,35
O	Oisters kept long.	2,15
P		
P	Paste of flowers	2,14,40
P	Paste of Nouie	2,15
P	Paste to keepe one moist	2,17
P	Paste called puf past	2,24
P	Paste short without butter	2,23
P	Paste of Genua of Quinces	2,30
P	Paste of fish	2,14
P	Pear molded and cast off	2,44
	Pearcs	

THE TABLE.

Peares kept drie	2.47
Perfumes delicate, and sodainly made.	d,31
Perfuming of gloues	d,34
Pickerel boiled on y french fashiō.	c,3
Pigeons of sugar paste	2,10
Pigeons boiled with Rice	c,9
Pig to sowse	c,1,2
Pigs petitoes borled after the French fashion	c,8
Plums preserued	2.8
Plums dried in the sunne	2.46
Pomander to make	d,4
Pomander renewed	d,32
Pomatū most excellent for y face	d,13
Pomgranats kept long	2.68
Preseruing of Roots	2.8
Preseruing of Cowcumbers.	a.36
Prunes in conserue	2.50.52
Pulpe of fruit kept all the yeare.	a.45

Q

Vidinia of Quinces	2.28
Quinces into paste of Genua.	a.30
Quinces in marmelade	a.31
Quinces kept drie all the yeere	2.47

Quinces

THE TABLE.

Quinces kept long	2,6	Ros
Raspices in gellie	2,2	Ros
Roots preserued	2,1	Or
Roots candied	2,5	El
Rosa solis to make	b,	41
Rosemarie flowers candied	2,	S
Roseleaues to drie	2,3,	S
Rose sirup	a,	Sal
Roses preserued	2,7	Sal
Roses and Roseleaues candied.	2,9,11	Sal
Rose paste	2,40	Saw
Roses kept long	2,6	Sir
Rose leaues dried without wrinckles	2,63	Sir
Rosewater distilled at michaelmas.	b,14	Spi
Rosewater distilled in a speedy man ner	b,15	Spi
Roses to yeeld a spirit	b,17	Spi
Rosewater most excellent	b,18	Spi
Rosewater, and yet the Roseleaues not discoloured	b,23	Spi
Rosewater and oyle drawing together,	b,24	Ski
		Rosc.

THE TABLE.

1. Rosewater of the colour of the Rose.	c.34
2. Rose vinegar of the colour of the Rose	c.34
3. Rose vinegar made in a newe manner.	c.41
4. Aletoile purified and graced in tast and smell.	c.36
5. Salmon kept long fresh	c.16
6. Salt of hearbs	b.12
7. Salt delicate for the table	c.38
8. Sawfedges of Polonia	c.12
9. Sirup of Violets.	2.4
10. Sirup of Roses	2.5
11. Sparrowes to boile	c.4
12. Spirit of wine extraordinarie.	b.1
13. Spirit of wine ordinarie	b.2
14. Spirits of splices	b.3
15. Spirit of wine tafting of any vegeta- ble	b.4
16. Spirit of honey	b.13
17. Spirit of hearbs and flowers	b.17
18. Skiane white and cleare	b.12
19. Sunburning helped	b.22
20. Stoue	

THE TABLE.

Stone to sweat in.	d, 27
Strawberries in gellie	a, 29
Strawberries in conserve	a, 51
Sucket of Lettuce stalkes	a, 32
Sucket of greene walnuts	a, 49
Sugar musked	a, 3
Sugar paste for soule	a, 10
Sugar plate to cast in	a, 13
Sugar plate of flowers	a, 14
Sugar plate to colour	a, 38
Sugar cast in partie molds	a, 43
Sugar smelling and tasting of the cloue or cynamon.	a, 71
 T	
Eale to boile	c, 6
Teeth kept white and sound	d, 10
Time distilled in a new maner	a, 26
Trottes for the sea	a, 39
 S	
Vineger distilled	b, 16
Vineger to clarifie	c, 37
Wiblet sirup.	a, 4
 Violet	

THE TABLE.

Violet paste	a.40.48
Violet water for vinegar of the colour of the violet	c.34
Visquebath.	b.9

W

W Afers to make	a.56
Walnuts in sucket	a.49
Walnuts kept fresh long	a.65.66
Wardens kept drie all theyeere.	a.47
Washing water sweet.	b.31.d.2.29.29
Whites of egges broken speedily.	c.29
Wigin to boile	c.6
Wine tasting of wormwood made spee- dily.	c.33

Y

Ytch helped.	d.35
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FINIS.

Almanac 317

1854. A very bad year.
1855. A very bad year.
1856. A very bad year.
1857. A very bad year.

1858

1859. A very bad year.
1860. A very bad year.
1861. A very bad year.
1862. A very bad year.
1863. A very bad year.
1864. A very bad year.
1865. A very bad year.
1866. A very bad year.
1867. A very bad year.
1868. A very bad year.
1869. A very bad year.
1870. A very bad year.

1871

1872. A very bad year.

1873.

The Arte of Preser- ving, conserving, can- dying, &c.

1. How to preserue Eringi roots, *Aemula Campana*, and so of others in the same manner.

Seeeth them till they bee tender, then take away the piths of them, and leauue them in a colander till they haue dropped as much as they will, then haing a thinne sirup ready, put them beeing cold into the sirup being also cold, and leauethem stand so three dayes, then boyle the sirup (adding some more fresh sirup vnto it to supply that which the roots haue drunk vp) a little higher, and at three dayes end boyle the sirup againe without any new addition, vnto the full heighth of a preserving sirup, and put in your roots, and so keepe them. Rootes preserued

The Arte of preseruing,
preserued in this maner will eate
verietender, because they neuer
boiled in the sirup.

2. *How to make muske sugar of common
sugar.*

XRuse 4 or 6. graines of muske,
place them in a peece of sar-
net, fine lawne or cambricke dou-
bled, lay this in the bottome of a
gallie pot, straining your Sugar
thereon, stop your pot close, and
all the sugar in a fewe dayes will
both sent and taste of muske, and
when you haue spent that sugar,
you may lay more sugar thereon,
which will also receiue the like
impression. Such muske sugar is
sold for two shillings the pound.

3. *How to drie Rose leanes in a most ex-
cellent maner.*

When you haue newly taken
out your breade, then put
in

conserving, candying &c.

in your Roses in a sieue first clipping away the whites, that they may be all of one colour, lay them about one inch in thicknesse in the sieue, & when they haue stood halfe an houre or therabout they will growe whitish on the top, let them yet remaine without stirring till the vppermost of them be fully dried, then stir the together, and leaue them about one other halfe houre, and if you finde them drie in the top, stir them together againe, & so continue this worke vntill they bee throughly dried, then put them hote as they are into an earthen pot hauing a narrow mouth, and being wel leaded within, (the Refiners of gold and siluer, call these pottes hookers) stop it with corke, and w~~o~~o~~o~~ parchment, or with Waxe and Rosen mixed together, and hang your pot in a chimney or neere a continuall fire, & so they will keep exceeding faire in color & most delicate

The Arte of preserving,

cate in sente. And if you feare their relenting, take the Rose-leaves about Candlemas, and put them once again into a sieue stirring them vp and downe often til they be drie, and then put them vp againe hote into your potte. Note that you must set vp your oven lidde, but not lute it about when you set in your Roseleaves, either the first or second time. *post.*

numero 6.

4. A most excellent Syrup of Violets, both in taste and tinckure.

Xpreſſe the iuice of clipt Violets, & to three parts of iuice take one fourth parte of conduit water, put the ſame into an Alabammer morter, with the leaues whiche you haue ſtamped, and wring the ſame ort through a cloth, as you did at the firſt into the other iuice, put thereto a ſufficient proportion of the firſt ſugar

conserving, candying, &c.

ger and brought also into a most fine powder, let the same stand 10. or 12. houres in a cleane glased earthen pan, then draine away the clearest, and put it into a glasse, and put thereto a few drops of the iuice of Lemmons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more iuyce into the sugar, which will settle in the bottome, with some of the thickest part of the iuice, and heating the same vpon a gentle fire, it will also becom a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more then diuers Apothecaries do.

5. *A singular manner of making of the sirup of Roses.*

FILL a siluer bason three quarters ful of raine water, or rose-water, put therein a conuenient

B pr-

The Arte of preseruing,

proportion of Rose leaues, cover the bason and set it vpon a pot of hote water (as we vsually bake a Custard) in three quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the Rose, then take out those leaues, wringing out all their liquor gently, and stiepe more freshe leaues in the same water, continue this iteration seuen times, and then make it vp in a sirup, & this sirup worketh more kindly then that which is made mereley of the iuyce of the Rose. You may make sundrie other sirups in this maner. Quare of hanging a pewter heade ouer the bason, if the ascending water will be worth the keeping.

6. Another way for the drying of Rose leaues.

Drie them in the heat of a hot sunnie daie vpon a Leades turning

conserving, candying, &c.

turning them vp and downe till they bee drie (as they doe haie) then put them vp into glasse well stopt and luted, keeping your glasse in warme places, and thus you may keepe all flowers: but hearbs after they are dried in this manner, are best kept in paper bagges, placing the bagges in close Cubboards.

7. How to preserue whole Roses, Gille-flowers, Marigolds, &c.

Dip a Rose that is neither in the bud nor ouerblowne in a sirup, consisting of sugar double refined, and Rosewater boyled to his true height, then open the leaues one by one, with a fine smonth bodkin either of bone or wood, and presently if it be a hete sunnie day, and whilst the sunne is in some good height, lay them on papers in the suane, or else

B 2 drie

The Arte of preseruing,

drie them with some gentle heate
in a close roome, heating y roome
before you set them in, or in an
ouen vpon papers, in pewter di-
shes, & the put them vp in glasses,
and keepe them in drie cupbords
neere the fire. You must take out
the seedes if you meane to eate
them. You may prooue this pre-
seruing with sugarcandie instead
of sugar if you please.

8. *The most kindly waye to preserue
plums, cherries, gooseberies, &c.*

Y^OU must first purchase some
reasonable quantitie of their
owne iuice, with a gentle heat vpon
imbers betweene two dishes,
deuiding the iuice still as it com-
meth in the stewing, then boyle
each fruit in his owne iuice, with
a conuenient proportion of the
best refined sugar.

conserving, candying, &c.

9. Howe to candie Rosemarie flowers,
Rose leaues, Roses, Marigolds, &c.
with preseruation of colour.

Dissolue refined, or double refined sugar, or sugarcandie it selfe in a little Rosewater, boile it to a reasonable hight, put in your rootes or flowers when your sirup is either fully cold, or almost cold let them rest therein till the sirup haue pierced them sufficientlie, then take out your flowers with a skimmer, suffering the loose sirup to run from them as long as it will, boyle that sirup a little more, and put in more flowers as before, diuide them also, then boile all the sirup which remai-neth, and is not drunke vp in the flowers, to the height of *manus Christi*, putting in more sugar if you see cause, but no more Rosewater, put your flowers therin whe- your sirup is cold or almost cold, & let them stand till they candie.

The Arte of preserving,

10. Almost delicate and stiffe sugar past
whereof to cast Rabbets, Pigeons, or
any other little bird or beast, either
from the life or carued molds.

XFirst dissolve Isinglass in faire
water, or with some Rosewater
in the latter ende, then beat blan-
ched almonds as y^e u woulde for
marchpane stiffe, and drawe the
same with creame and Rosewater
(milke will serue, but creame is
more delicate) then put therein
some powdred sugar, into which
you may dissolve your Isinglass
beinge firste made into gelly, in
faire warme water (note the more
Isinglass you put therein, the stiffer
your worke will prooue) then
hauing your rabbets, woodcock,
&c. molded either in plaister frō
life, or else carued in wood (first
annointing your wooden moldes
with oyle of sweete almonds, and
your plaister or stone moldes with
bar-

Concerning candying, &c.

barrowes greafe) poure your sugar paste thereon. A quarte of creame, a quarterne of almonds, 2. ounces of I singlaſte, and 4. or 6. ounces of sugar is a reasonable good proportion for this ſtaffe. Quere of moulding your birdes, Rabbets, &c. in the compounde wax mentioned in my *lewell-house*, in the title of the *arte of moulding & casting*, pag. 60. For ſo your moulds will laſt long. You may dredge ouer your ſoule with crūſe of bread, cinnamon and ſugar boyled together, & ſo they wil ſeeme as if they were roſted and breaded. Leach & gelly may bee cast in this manner. This paſt you may also drie with a fine rowling piñ, as ſmooth & as thin as you pleaſe; it laſteth not long, & therefore it muſt be eaten within a fewe dayes after the ma-king thereof. By this meanes a banquet may be preſented in the forme of a ſupper, beeing a verie rare and ſtrange deuife.

The arte of preseruing.

11. To candie Marigolds, Roses, Borage,
or Rosemarie flowers.

Boyle Sugar and Rosewater a
Blittle yppon a chafingdith with
coales, then put the flowers (be-
ing throughly dried, either by
the sunne or on the fire) into the
sugar, and boile them a little, then
strew the powder of double refi-
ned sugar vpon them, and turne
them, and let them boyle a little
longer, taking the dish from the
fire, then strew more powdred su-
gar on the contrary side of the
flower. These will drie of them-
selues in two or three howers in a
hote sunny daie, though they lie
not in the sunne.

12. To make an excellent Marchpane
paste, to print oft in moldes for ban-
queting dishes.

Take to euery Iordan almond
blanched, three spoonfuls of
the

conserving, candying, &c.

the whitest refined sugar you can get, scarce your sugar, and nowe and then as you see cause put in 2. or three drops of damaske Rose-water, beat the same in a smooth stone morter, with great labor, vntill you haue brought it into a dry stiffe paste; one quarterne of sugar is sufficient to worke at once. Make your past into little bals, euerie ball containing so much by estimation as will couer your molde or printe, then rowle the same with a rowling pin, vpon a sheet of clean paper without strewing anie powdered sugar either vpon your paste or paper. There is a countrey Gentlewoman whom I could name, which venteth great store of sugar cakes made of this composition. But the onely fault which I finde in this past is; that it tasteth too much of the sugar, and too little of the almonds, and therefore you may proue the making thereof with such almonds,

B 5 which

The Arte of preserving,
which haue had some part of their
oyle taken from them by expre-
sion, before you incorporate the
with the sugar, and so happily you
may mixe a greater quantitie of
them with the sugar, because they
are not so oily as the other. You
may mixe cinnamon or ginger in
your paste, and that will both
grace the taste and alter the co-
lour; but the spice must passe
through a faire searce: you may
stiepe your almonds in colde wa-
ter all night, and so blanch them
colde, and being blanched, drie
them in a sieye ouer the fire. Here
the garble of almondes will make
a cheap paste.

13. *The making of sugar plate and ca-
sting thereof in carved molds.*

Take one pound of the whitest
refined or double refined su-
gar if you can get it, put thereto
three ounces (some coif makers
put

conserving, candying, &c.

put 6. ounces for more gaine) of
the best starch you can buy , and
if you dry the sugar after it is pou-
dered, it will the sooner passe tho-
rough your lawne searce : then
searce it & lay the same on a heap
in the midst of a sheet of clean pa-
per, in the middle of which masse ,
put a pretie lump of the bignes of
a walnut of gum dragagant , first
stieped in Rosewater one night, a
porēger ful of rosewater is suffici-
ent to dissolve one ounce of gum
(which must first bee well picked,
leauing out the drosse) remem-
ber to straine the gum through a
canuas, then hauing mixed some
of the white of an egge with your
strained gum , temper it with the
sugar detwixt your fingers by lit-
tle and little, til you haue wrought
vp all the sugar and the gumme
together into a stiffe paste, and in
the tempring let there be always
some of the sugar betweene your
fingers and the gumme, then dust
your

The Arte of preseruine,

your wooden moulds a little with some of y poudred sugar through a peece of lawne or fine linnen cloth, and hauing driuen out with your rowling pin a sufficient portion of your paste to a cōuenient thicknes, couer your mold therewith, pressing the same downe into euery hollow part of your mold with your fingers, and when it hath taken the whole impression, knocke the molde on the edge against a table, and the paste will issue forth with the impression of the mold vpon it, or if the molde be deepe cut, you may put in the point of your knife gently into the deepest parts heere and there lifting vp by little and little the paste out of the molde. And if in the making of this paste you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, the more gum: you must also worke this paste into your molds, as speedilie as you can;

conseruing, candying, &c.

can after it is once made, and before it harden, and if it growe so hard y it cracke, mixe more gum therewith. Cut away with your knife frō the edges of your past al those peeces which haue no part of the worke vpon them, & worke them vp with the p̄ste which remaineth ; and if you will make fawcers, dishes, bowles, &c. then (hauing first driuen out your past vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some saucer, dish, or bowle of a good fashion, and with your finger presse it gentlie downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife, euen with the skirt of your dish, or sawcer, and set it against the fire till it bee drie on the inside, then with a knife get it out as they vse to doe a dish of butter and drie the backefide; then guilde it on the edges with the

The Arte of preseruynge,

the white of an egg, laid round about the brim of the dish with a pensill, and presse the gold downe with some cottó, & when it is dry skew or brush off the golde with the foot of an Hare or Conie. And if you would haue your paste exceeding smooth, as to make cardes and such like conceiptes thereof, then roule your paste vpon a sliked paper with a smooth and polished rowlingpin.

14. *A way to make sugar plate both of colour and taste of any flower.* X

TAKE Violets and beat them in a morter with a little hard sugar, then put vnto it a sufficient quanticie of Rosewater, then lay your gum in stiepe in the water & so work it into paste, & so wil your paste be both of the colour of the violet, and of the smell of the violet. In like sort may you work with Marigolds, Cowslips, Primroses, Buglossse or any other flower.

To

conserving, candying, &c.

15. To make paste of Nougat.

X
Take a quarter of a pounde of Valentian almonds, otherwise called the small almonds or Barbare almonds, and beate them in a morter til they come to paste, then take stale Manchet beeing grated, and drie it before the fire in a dish, then sift it, then beate it with your almondes, put in the beating of it a little cinamon, ginger and the iuyce of a Lemmon, & when it is beaten to perfitt paste print it with your moldes, and so drie it in an ouen after you haue drawne out your bread, this paste will last all the yeare.

16. To make Iumbolds.

X
Take halfe a pound of almonds beeing beaten to paste with a short cake being grated, & 2. eggs, 2. ounces of caroway seeds, being beaten

The Arte of preseruинг,

beaten, and the iuice of a Lem-
mon, & being brought into paste
roule it into round stringes, then
caste it into knots, and so bake it
in an ouen, and when they are ba-
ked, yce them with rosewater and
sugar, and the white of an egge
being beaten together, then take
a feather and guilde them, then
put them againe into the ouen,
& let them stand in a little while,
and they will be yced cleane ouer
with a white yce, and so box them
vp, and you may keepe them all
the yeere.

17. *To make a paste to keepe you moist,*
if you list not to drinke oft, which La-
dies use to carie with them when they
ride abroad.



Take halfe a pound of damaske
prunes & a quartern of dates,
stone them both, and beat them
in a morter with one warden be-
ing roaste, or else a slice of olde
marme-

Conseruing, candying, &c.

marmelade and so print it in your moldes, and drie it after you haue drawne bread, put ginger vnto it, and you may serue it in at a banquet.

18. To make a Marthpane.

Take two pounds of Almonds being blanched and dryed in a sieue ouer the fire, beat them in a stone morter, and when they be small mixe with them two pounde of sugar being finelie beaten, adding two or three spoonefulles of Rosewater, and that wil keep your almonds frō oiling, whē your past is beaten fine, drie it thin with a rowling pin, and so laye it on a bottome of wafers, then raise vp a little edge on the side, and so bake it, then yce it with Rosewater and sugar, then put it into the ouen againe, & when you see your yce is risen vp and drie, then take it out of the ouen and garnish it with

The arte of preseruing,

with pletie conceiptes, as birdes and beaſts being caſt out of ſtan- ding moldes. Sticke long comfits vpright in it, caſt bisket and carowayes in it, and ſo ſerue it; guild it before you ſerue it: you may al- ſo print of this Marchpane paste in your moldes for banqueting dishes. And of this paſt our com- fitmakers at this day make their letters, knots, Armes, eſcocheons beaſts, birds, and other fancies.

19 To make bisket breade, otherwise called french bisket.



Take halfe a pecke of fine flow- er, two ounces of Coliander ſeedes, one ounce of annis ſeedes, the whites of foure egges, halfe a pinte of Ale yeast, and as much water as wil make it vp into ſtiffe paſt, your water muſt be but bloud warme, then bake it in a long roll as big as your thigh, let it ſtay in the ouen but one houre, and when it

conserving, candying, &c.

it is a day olde, pare it and slice it ouerthwart, the sugar it ouerwith fine poudred sugar, and so drie it in an ouen again, and being drye, take it out and sugar it again, the boxe it, and so you may keepe it al the yeare.

To make prince bisket.

TAKE one pounde of verie fine flower and one pounde of fine sugar, and eight egges, and two spoonfuls of Rosewater, and one ounce of carroway seeds, and beat it al to batter one whole houre, for the more you beat it, the better your bread is, then bake it in cofins of white plate, beeing basted with a little butter before you put in your batter, and so keepe it.

*21. To make another kinde of bisket, cal-
led biskettello.*

TAKE halfe an ounce of gumme Dragagant, dissolve it in Rosewa-

The Arte of preseruing,

Rosewater with the iuice of a lemmon and two graines of muske, then straine it through a faire linnen cloth with the white of an egge, then take halfe a pound of fine sugar being beaten, and one ounce of carroway seedes, beeing also beaten and searced, and then beate them altogether in a morter till they come to paste; then rol them vp in small loaues about the bignes of a small egge, put vnder the bottome of euery one, a peece of a wafer, and so bake them in an ouen vpon a sheet of paper, cut them on the sides as you do a manchet, and pricke them in the middest, when you breake them vp they will bee hollow and full of eyes.

22. To make Gingerbread.

Take three stale manchets and grate them, drie them, and sift them through a fine sieue, then adde

conserving, candying, &c.

ad vnto them one ounce of ginger being beaten, and as much Cynamon, one ounce of liquerice and anniseedes beeing beaten together and searced, halfe a pound of sugar, then boile all these together in a posnet, with a quart of claret wine till they come to a stiffe paste with often stirring of it, and when it is stiffe, mold it on a table and so drie it thin, and print it in your moldes, dust your moldes with Cynamon, Ginger, and Liquerice, being mixed together in fine powder. This is your Gingerbread vsed at the Court, and in all Gentlemens houses at festiuall times. It is otherwise called drie Leach.

23. *To make drie Gingerbread.*

Take halfe a pound of almonds and as much grated cake, and a pounde of fine sugar, and the yolke of two newe laid egges, the juice

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iuyce of a Lemmon, and two
graines of muske, beate all these
together till they come to a paste,
then print it with your molds, and
so drie it vpon papers in an ouen
after your bread is drawne,

24. *To make puffe paste.*

Take a quart of the finest flower
and the whites of three egges,
and the yolkes of two, and a little
colde water, and so make it into
perfect paste, then drie it with a
rouling pin abroade, then put on
small peeces of butter as big as
Nuts vpon it, then folde it ouer,
then drie it abroad againe, then
put small peeces of butter vpon it
as you did before, doe this tenne
times, alwaies folding the paste
and putting butter betweene eue-
rie folde. You may conuey anie
prettie forced dish, as Florentine,
Cherry, tarte, rice, or pipens, &c.
betweene two sheets of that paste.

To

conseruing, candying, &c.

~~X~~ 25. To make pastie short without butter.

Take a quart of fine flower, and put it into a pipken, & bake it in an ouen when you bake manchet, then take the yolks of two or three eggs, and a pint of creame, & make pastie, put it into two ounces of sugar being finely beaten, and so you shall make your pastie short without butter or sewet. In like sort when you make sugar cakes, bake your flower first.

~~X~~ 26. To make christall gelly.

Take a knuckle of yeale, and two calves feete (your calves feete being flayed & scalded) and boile them in faire spring water, and when they are boyled readie to eate you may saue your flesh & not boyle it to peeces, for if you do so, the gelly will looke thicke, then take a quart of the clearest

The Arte of preseruing,
of the same broth, and put it into
a posnet, adding thereunto gin-
ger, white pepper, & whole cloues,
one nutmeg quartered, one grain
of muske, put all these whole spi-
ces in a little bag, and boile them
in your gelly, season it with foure
ounces of sugarcandie, and three
spoonfuls of Rosewater, so let it
run through your gelly bag, and
if you meane to haue it looke of
an amber colour, bruise your spi-
ces and let them boyle in your
gelly loose.

37. *To make Leach of Almonds.*

XTake halfe a pounde of sweete
Almonds, and beate them in
a morter, then straine them with a
pinte of sweete milke from the
Cow, then put vnto it one graine
of muske, two spoonfuls of Rose-
water, two ounces of fine sugar,
& waight of three whole shillings
of Isinglasse that is very white,
and

conserving, canaying, &c

and so boyle them, then let all run through a strainer, then may you slice the same and so serue it.

28. To make Quidines of Quinces.

TAKE the kernels out of eight great Quinces, and boyle them in a quart of spring water, till it come to a pint, then put into it a quarter of a pinte of Rose water, and one pound of fine sugar, and so let it boile till you see it come to be of a deepe colour: then take a drop, and drop it on the bottom of a sawcer, and if it stand, take it off, then let it run through a gelly bagge into a bason, then set on your bason vpon a chafingdish of coales to keepe it warme, then take a spoone, and fill your boxes as full as you please, & when they be colde couer them: and if you please to print it in moldes you must haue moldes made to the bignesse of your boxe, and wet your

C molds

The Arte of preseruing,
molds with Rosewater, and so let
it run into your mold, and when
it is colde turne it off into your
boxes. If you wette your moldes
with water, your gelly will fall out
of them.

29 *To make gelly of strawberries, mul-
berries, Ra'pberries, or any such ten-
der fruit.*

Take your beries and grinde
them in a alabiaester morter
with foure ounces of sugar and a
quarter of a pinte of faire water,
and as much Rosewater, and so
boile it in a posnet with a little
peece of singlas, and so let it run
through a fine cloth into your bo-
xes, and so you may keep it all the
yeare.

30 *To ma'ke pastel of Genua of Quinces.*

Take Quinces and parte them,
and cut them in slices, & bake
them

conserving, caning, &c

the in an ouen drie in ancar then
pot without any other iuyce then
their owne , then take one pound
thereof, straine it , and put it into
a stone morter with halte a pound
of sugar, & when you haue beaten
it vp to past, print it in your molds
and drie it three or foure times in
an ouen after you haue drawne
bread, and when it is throughlie
drie and hardened you may boxe
it, and it will keepe all the yeere.

31. To make marmelade of Quinces or
Damsons.

x

When you haue boyled your
Quinces or Damsons suffi-
ciently, straine them; then drie
the pulpe in a pan on the fire, and
when you see there is no water in
it , but that it beginneth to bee
stiffe, then mixe two pound of su-
gar with 3. poūd of pulp, this mar-
melade will be white marmelade :
and if you will haue it looke with

The Arte of prescruing,

with an high colour, put your sugar and your pulpe together, so soone as your pulpe is drawn, and let them both boile together, and so it will looke of the colour of ordinarie marmelade, like vnto a stewed wardé, but if you drie your pulpe first it will looke white and take lesse sugar, you shall knowe when it is thicke inough, by putting a little into a sawcer, letting it coole before you box it.

32. *To make fuckets of Lettuce stalkes.*

X

TAKE Lettuce stalkes, and pil a way the outside, then perboile them in faire water, then let them stand al night drie, then take halfe a pint of the same liquour, and a quarter of a pinte of Rosewater, and so boyle it to sirup, and when your sirup is betwixt hot and cold put in your aforesaid rootes, and let them stand all night in your sirup to make them take sugar, and then

Conseruing, candying, &c.

thē the next daie your sirup wil be weake againe, then boyle it again, and take out your rootes. In the like sorte may you keepe Orenge pilles or greene walnuts, or anie thing that hath the bitternes first taken from it, by boiling in water.

33. To candie nutmegs or ginger, with an hard rocke candie.

Take one pound of fine sugar, and eight spoonfuls of Rose-water, and the waight of 6. pence of Gum Arabique that is cleere, boyle them together to such an height, as y^e dropping some thereof out of a spoone, the sirup doe rope and run into the smalnesse of an haire; then, put it into an earthen pipken, wherein place your nutmegs, ginger, or such like, thē stop it close with a saucer, and lute it well with clay, that no aire may enter, then keep it in a hote place three weekes, and it will candie

C 3 hard

The Arte of preseruing,

hard. You must breake your pot with an hammer, for otherwise you cannot get out your candie. You may also candy Orenges or lemmons in like sort if you please.

35. To preserue Orenges after the Portugall fashion. X

TAke Orenges & coare the on the side and lay them in water, then boile them in faire water till they be tender, shift them in the boiling to take away their bitterness, then take sugar and boile it to the height of sirup as much as will couer them, and so put your orenges into it, and that wil make them take sugar. If you haue 2 4. orenges beate 8. of them till they come to paste with a pounde of fine sugar, then fill euerie one of the other orenges with the same, and so boile them againe in your sirup: then there will be marmelade of orenges within your orenges, & it wil cut like an hard egge.

35 To

Conseruing, candying, &c.

35. To candy Orenge pilles.

Take your Orenge pilles after they bee preserued, then take fine sugar and Rosewater, & boile it to the height of *Manus Christi*, then draw it through your sugar, then lay them on the bottome of a sieue, and drie them in an ouen after you haue drawne bread, and they will be candied.

36. To preserue Cowcumbers all the yeere.

Take a gallon of faire water, and a pottle of veriuice, and a pinte of bay salt, and a handfull of greene fennell or Dill, boile it a little, and when it is cold put it into a barrell, and then put your cowcumbers into that pickle, and you shal keepe them all the yeere.

The Arte of prescrining,

37. To preserue broome capers all the
yeere.

Boyle a quart of Veriuice and
Ban handfull of bay salt , and
therein you may keepe them all
the yeare.

38. To colour sugar plate with severall
colours.

You may mixe Roset with your
fine searced sugar vntill the
colour please you, and so shall you
haue a faire murrey colour. Sap-
greene must be tempred in a little
Rosewater , hauing some gumme
first dissolued therein, and so lay
it on with a penfull vpon your past
in apte places. With saffron you
may make a yellowe colour in the
like manner, first drying and pow-
dering your saffron , and after it
hath coloured the Rosewater suf-
ficientlie, by straining it through
fine linnen. The powder of Cina-
mon

conserving, candying, &c.

mon maketh a walnut colour, and ginger and cinnamon together a lighter colour.

To make tresses for the sea.

First make paste of sugar & gum Dragagant mixed together, then mixe therewith a reasonable quantitie of the powder of cinnamon and ginger, and if you please a little muske also, and make it vp into rols of seueral fashions guilding them heere and there. In the same maner you may also conuey anie purgatiue, vomit, or other medecine into sugar paste.

40 *To make paste of Violets, Roses, Marigolds, Cowslips, or liquorice.*

Shred, or rather powder the drie sleaues of your flowre, putting thereunto some fine powder of Ginger, Cynamon, and a little muske if you please, mixe them all

C 5 con-

The Arte of preseruing,

confusedly together, the dissolute
some sugar in Rosewater, and be-
ing boiled a little put some saffron
therein, if you worke vpon Mari-
golds, or else you may leauē out
your saffron, boile it on the fire
vnto a sufficient height: you must
also mixe therewith the pap of a
roasted apple being first well dried
in a dishe ouer a chafing dish of
coales then poure it vpon a tren-
cher, beeing first sprinkled ouer
with Rosewater, and with a knife
worke the paste together. Then
breake some sugarcandy smal, but
not to powder, and with gumme
dragagant, fasten it heere and
thereto make it seem as if it were
roch candied, cut the paste into
peeces of what fashiō you list with
a knife first wet in Rosewater. In
licorice paste you must leauē out
the pap of the pippen, and then
worke your paste into drie rolles.
Remēber to searce the liquorice
through a fine searce. These rolles
are

conseruing, candying, &c.

are very good against any cough or cold.

41. *To make Marmelade of Lemmons or Orengeſ.*

Take ten lemmons or orengeſ and boile them with half a dozen pippins, and so drawe them through a ſtrainer, then take ſo much ſugar as the pulp doth wey, & boile it as you do Marmelade of Quinceſ, and then box it vp.

42. *How to candie Nutmegs, Ginger, Mace, & flowers in halfe a day with hard or rock candy.*

Lay your Nutmegs in ſteepe in common Lee made with ordinary aſhes 24. houres; take them out and boile them in faire water till they be tender, and to take out the Lee, then drie them and make a ſirup of double refined ſugar & a little Rosewater to the height of

The Arte of preseruing,

of a *manus Christi*, place this sirup in a gentle balneo, or some small heate, putting your Nutmegs into the sirup. Note that you must skim the sugar as it casteth anie skumme before you put in your Nutmegs; then hauing sugar candie first brused grossellie, and searced through colanders of feuerall bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon clean paper, then stoue your Nutmegges in a cupboard with a chafing dish of coals; which must be made hote of purpose before you set them in, and when they are drie enough dip them againe in fresh sirup boyled to his height as before; and roule them in the grosser sugar candie, & then stoue them againe till they be hard, and so the thirde time if you will increase their candie. Note that you must spend al the sugar which you dissolve at one time with can
dying

conserving, candying, &c.

dying of one thing or other ther-
in presently ; the stronger that
your lie is, the better: and the nut-
meg, ginger, &c. would ly in stiep
in the lee 10. or 12. dayes, and af-
ter in the sirup of sugar in a stoue
or cupboard with a chafingdish
and coales one whole weeke, and
then you may candie them sud-
denlie as before. Flowers & fruits
are done presentlie without anie
such stieping or stouing as before
onely they must bee put into the
stoue after they are coated with
your powdered sugarcandie, and
these flowers or fruits as they are
sodainly done, so they wil not last
aboue two or three daies faire, &
therefore only to be prepared for
some set banquet.

34. Casting off sugar in partie moldes of
wood.

Lay your moldes in faire water
three or foure houres before
you

The Arte of preseruинг,

you cast, then dry vp your inward moisture with a cloth of linnen, the boile rosewater & refined sugar together, but not to any great stiffeſſe, then poure it into your moldes, let your molds stand one houre, and then gently part or open the moldes, and take out that which you haue cast, you may also worke the paste *ante numero 12, 13.* into these molds, firſt printing or pressing gently a little of the paste into the one halfe, and after with a knife taking away the ſuperflu-ous edges, and ſo likewiſe of the other halfe, then preſſe bothſides of the mold together, two or three times, & after take away the crest that will arife in the middeſt, and to make the ſides to cleaue together, you may touch the firſt ouer with Gum Dragagant diſſolued, before you preſſe the ſides of the mold together: note that you may conuey cofets within before you close the ſides. You may caste of any

conseruинг, candying, &c.

any of these mixtures or pastes in
alabaster molds, molded frō ſylife

44 To mold of a Lemmon, orange, peare,
Nut, &c. and after to caſt it hollow
within of ſugar.

Fill a wooden platter halfe full
of ſande, then preſſe downe a
Lemmon, peare, &c. therin to the
iuft halfe thereof, then temper
ſome burnt Alablaſter with faire
water in a ſtone or copper diſh, of
the bignesse of a great ſiluer boll,
and caſt this pap into your ſande,
and from thence clap it vpon the
Lemmon, Peare, &c. preſſing
the pap cloſe vnto it. Then after
a while take out this halfe parte
with the Lemmon in it, and pare
it euē in the insides as neere as
you can, to make it reſemble the
iuft halfe of your Lemmon, then
make 2. or 3. little holes in ſy halfe,
(viz. in the edges therof) laying it
downe in the ſande againe, and ſo
caſt

The Arte of preseruing,

caste an other halse vnto it, then cut off a peece of the top of both your party moldes, & cast theieto another cap in like maner as you did before. Keep these three parts bound together with tape till you haue cause to vse them, and before you cast, lay them alwaies in water, and drie vp the water again before you poure in the sugar. Colour your Lemmon with a little saffron steiped in Rosewater; vse your sugar in this manner. Boile refined or rather double refined sugar and Rosewater to his full height, i.e. till by powring some out of a spoone, it will run at the last as fine as a haire; then taking off the cappe of your molde, poure the same therein, filling vp the mold aboue the hole, and presently clap on the cap, and presse it downe vpon the sugar, then swing it vp and downe in your hande, turning it rounde, and bringing the heather parte sometimes

conserving, candying, &c.

times to be the vpper part in the turning, and è conuerso. This is the manner of vsing an Orenge, Lemmon, or other round molde, but if it be long as a pigs foot wil be beeing molded, then roule it, and turne it vp and downe long wayes in the aire.

45. Howe to keepe the drie pulpe of Cherries, Prunes, Damsones &c. all the yeare.

TAke of those kind of cherries which are sharpe in taste (Or if the common blacke and redde cherrie will not also serue, hauing in the end of the decoction a little oyle of Vitrioll or Sulphur, or some veriuice of soure grapes, or iuice of Lemmons mixed therewith to giue a fuffman tartnesse) pull off their stalkes & boyle them by themselues without the addition of anie liquour in a caldron or pipken, and when they begin once

The Arte of preseruing,

once to boile in their owne iuice,
stir them hard at the bottom with
a spattle least they burne to þy pans
bottom. They haue boiled suffi-
ciently, when they haue caste off all
their skins, and that the pulp and
substance of the cheries is grown
to a thicke pap, then take it from
the fire, and let it coole, then de-
uide the stones and skins, by pas-
sing the pulpe onely through the
bottome of a strainer reuersed as
they vse in *cassia fistula* then take
this pulp and spread it thin vpon
glazed stones or dishes, and so let
it drie in the sunne, or else in an
ouen presently after you haue
drawne your breade, then loose it
from the stone or dish, and keepe
it to prouoke the appetite, and to
coole the stomacke in feuers, and
all other hote diseases. Proue the
same in all manner of fruit, if you
feare aduision in this worke you
may finish it in a hote balneo.

conserving, candying, &c.

46. Howe to dry all manner of plum^s
or cherries in the sunne.

IF it be a small fruit you must dry them whole, by laying them a-broad in the hote sunne, in stone or pewter dishes, or Iron or brasse pannes, turning them as you shall see cause. But if the plum be of any largenes, slit each plum on the one fide from the top to the botome, and then lay them abroade in the Sunne, but if they be of the biggest sort, then giue either plum a-slit on each side: and if the sun doe not shine sufficiently during the practise, then drye them in an ouen that is temperatelic warme.

47. Ho v to keep apples, peares, quinces,
wardens, &c, al the yeere drye.

X
PART them, take out the coares,
and slice them in thinne slices
lay -

The Arte of preseruing,

laying them to drie in the Sunne
in some stoue or metalline dishes
or vpō high frames couered with
course canuas, now and then tur-
ning them, and so they will keepe
all the yeare.

48. *To make greene Ginger
upon sirup.*



Take Ginger one pounde, pate
it cleane, stiepe it in red wine
and vinegar equally mixed, let it
stand so 12. daies in a close vessell,
and euerye daye once or twice stir
it vp and downe, then take of wine
one gallon, and of vinegar a pot-
tle, seeth altogether to the con-
sumption of a moitie or half, then
take a pottle of cleane clarified
hony or more, and put thereunto,
and let them boile well together,
then take halfe an ounce of saf-
fron finely beaten, and put it
thereto with some sugar if you
please.

49 To

conserning, candying, &c.

49. To make fucket of greene
Walnuts.

Take Walnuts when they are no bigger then the largest ha-
fill nut, pare away the vppermost
greene, but not too deepe, then
seeth them in a pottle of water til
the water bee sodden a way, then
take so much more of fresh water,
and when it is sodden to the halfe,
put thereto a quart of vinegar &
a pottle of clarified honie.

50. To make conserve of prunes or
Damsons.

Take ripe Damsons, put them
into scalding water, let them
stand awhile, then boyle them o-
uer the fire till they breake, then
straine out the water through a
colander, and let them stand ther-
in to coole, then straine the dam-
sons through the coláder, taking
away

The Arte of preseruing,

away the stones and skinnes, then set the pulpe ouer the fire againe, and put thereto a good quantitie of red wine, and boile them wel to a stiffe[n]esse, euer stirring them vp and downe, and when they bee almost sufficiently boyled, put in a conuenient proportion of sugar, stir all wel together, and after put it in your gally pots.

51 To make con'erue of strawberries.

First seethe them in water, and then cast away the water, and straine them, then boyle them in white wine and work as before in damsons; or else straine them being ripe, then boile them in wine and sugar til they be stiffe.

52. Conserue of prunes or Damsons made another way.

Take a potte of damsons, prick them and put them into a pot, put-

conserving, candying, &c.

putting thereto a pint of Rosewater or wine, and couer your pot, let them boile wel, then incorporate them by stirring, and when they be tender let them coole, & straine them with the liquor also, then take the pulpe and set it ouer the fire, and put thereto a sufficient quantitie of sugar, and boile them to their height or consistencie, and put it vp in gally pots, or iarde glasses.

53 *How to candie Ginger, Nutmegs, or any root or flowers.*

Take a quarter of a pound of the best refined sugar, or sugar candie which you can get, powder it, put thereto two spoonfuls of Rosewater: dip therein your Nutmegs, ginger, roots, &c. being first sodden in faire water till they bee soft and tender, the oftener you dip them in your sirup, the thicker the candie will bee, but

The Arte of preseruing,

but it will be the longer in candying, your sirup must bee of such stiffe[n]esse, as that a droppe thereof beeing let fal vpon a pewter dish, may congeale and harden beeing cold. You must make your sirup in a chafing dishe of coales, keeping a gentle fire, after your sirup is once at his full height; then put them vpon papers presently into a stoue, or in dishes, continue fire some ten or twelue dayes, till you find the candie hard and glistening like diamonds: you must dip the red rose, the gillow flower, the marigold, the borrage flower, and all other flowers but once.

24 *The arte of comfet making, teaching how to couer all kinds of seeds, fruits or splices with sugar.*

First of all you must haue a deep bottomed bason of fine cleane brasse or latton, with two eares of Iron to hang it with two severall cords.

conserving, candying, &c.

cords ouer a bason or earthen pan
with hote coales.

You must also haue a broad pan
to put ashes in, and hoate coales
vpon them.

You must haue a cleane latton
bason to melt your sugar in, or a
faire brasen skillet.

You must haue a fine brasen la-
dle to let run the sugar vpon the
seedes.

You must also haue a brasen
slice to scrape away the sugar frō
the hanging bason if neede re-
quire.

Hauing all these necessarie ves-
sels and instrumentes, worke as
followeth.

Choose the whitest, finest, and
hardest sugar, and then you need
not to clarifie it, but beate it one-
ly into fine powder that it may
dissolute the sooner.

But first make all your seedes
verie cleane, & drie them in your
hanging bason.

D.

Take

The Arte of preseruing,

Take for euery two pounde of sugar, a quarter of a pound of annis seedes, or Coriander seedes, and your comfits will be greate-nough, and if you vwill make them greater, take halfe a pound more of sugar, or one pounde more, and then they will be faire and large.

And halfe a pounde of annis seeds, with two pound of sugar wil make fine small comfits.

You may also take a quarter & a halfe of annis seedes, and three pound of sugar, or halfe a pound of annis seedes and foure pounde of sugar. Do the like in Coriander seedes.

Melt your sugar in this manner, vIZ. put three poundes of your powder sugar into the bason, and one pinte of cleane running wa-
ter therunto, stirre it well with a
brasen slice vntill all be moist and
well vvet, then set it ouer the fire,
without smoke or flame, & melle
it well that there bee no vvhole
grif-

conserving, candying, &c.

gristic sugar in the bottoime, and let it seeth mildly, vntill it will streame from the ladle like Turpentine, with a long streame and not drop, then it is come to his decoction, let it seeth no more, but keepe it vpon hote imbers that it may run from the ladle vp on the seeds.

To make the speedily. Let your water be seething hot or seething, and put powder of sugar vnto the, cast on your sugar boyling hote: haue a good warme fire vnder the hanging bason.

Take as much water to your sugar as will dissoleue the same.

Neuer skim your sugar if it be cleane and fine.

Put no kind of starch or amyli to your sugar.

Seeth not your sugar too long, for that will make it blacke, yellow or tawnie.

Moue the seeds in the hanging bason as fast as you canne or may,

The Arte of preseruing,

when the sugar is in casting.

At the first coate put on but one halfe spooneful with the ladle, and all to moue the bason, moue, stirre and rub the seedes with thy lette hand a pretie while, for they will take sugar the better, and drie the well after euery coate.

Do this at euery coate, not on-
ly in mouing the bason, but also
with the stirring of the comfites
with the left hand and drying the
same, thus dooing you shall make
great speed in the making, as in e-
uerie three houres you may make
three pound of comfits.

And as the comfites do increase
in greatness, so you may take more
sugar in your ladle to cast on. But
for plaine comfits let your sugar
be of a light decoction last, and
of a higher decoction first, and
not too hote.

For crispe and ragged comfits,
make your sugar of a high deco-
ction, eu'en as high as it may run
from

conserving, candying, &c.

from the Ladle, and let fall a foot high or more from the ladle, and the hoter you cast on your sugar, the more ragged will your comfets be. Also the comfets will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednesse long. This high decoction must serue for eight or ten coats in the end of the worke, and put on at euerie time but one spoonful, and haue a light hand with your bason casting on but little sugar.

A quarter of a pounde of Coriander seeds, and three pounds of sugar will make great huge, and big comfets.

See that you keepe your sugar alwaies in good temper in the bason, that it burne not into lumpes or gobblets: and if your sugar bee at anie time too high boyled, put in a spoonfull or two of water, and keepe it warily with the ladle, and let your fire alwayes bee without

The Arte of preserving,

smoke or flame.

Some commend a ladle that hath a hole in it to let the sugar ran through of a height, but you may make your comfits in their perfect forme and shape only with a plaine ladle.

When your comfits bee made, set your dishes with your comfits vpon papers in them before the heat of the fire, or in the hote sun, or in an ouen after the breade is drawne, by the space of an houre or two, and this will make them verie white.

Take a quarter of a pounde of Annis seedes, and two pound of sugar, and this proportion will make them verie great, and euen a like quantitie take of Carroway seede, Fennell seede, and Coriander seede.

Take of the finest Cinamon, and cut it into prettie small sticks bee^{ng} drie, and beware you wette at not, for that deadeth the

conseruine, canaying, &c

the cinnamon, and then worke as
in other comfits. Do this with O-
range rindes likewise.

Work vpon ginger, cloues, and
Almonds as vpon other seeds.

The smaller that Annis seede
comfits be, the fairer, the harder,
and so in all other.

Take the powder of fine Cina-
mon two drammes, of fine muske
dissolued in a little water one
scruple, mingle these alto-
gether in the hanging bason, and
cast them vpon sugar of a good
decoction, then with thy left hand
moue it to and fro, and drie it wel,
doe this often vntill they bee as
great as poppie seeds, and giue in
the ende three or foure coates of
a light decoction, that they may be
round and plaine, & with an high
decoction you may make them
crispe.

You must haue a course searce
made for the purpose with haire
or with parchment full of holes to

The Arte of preseruing,

part and deuide the comfets into
seuerall sortes.

To make past for comfits. Take
fine grated bread foure ounces,
fine elect Cinamoni powdred halfe
an ounce, fine ginger powder one
dramme, saffron powdred a little,
white sugar two ounces, and a few
spoonfuls of borrage water, seeth
the water and the sugar together,
and put to the saffron, then first
miangle the crums of breade and
the spices well together, dry them,
put the liquor scalding hote vpon
the stuffe, and being hote, labour
it with thy hand, & make bals or
other formes thereof, drie them
and couer them as comfets.

Coriader seeds two ounces, su-
gar one pound and a half maketh
verie faire comfets.

Annis seeds three ounces, su-
gar halfe a pound, or annis seedes
two ounces, and sugar 6. ounces,
will make faire comfets.

Euerie dram of fine cinammon
will

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will take at the least a pounde of sugar for biscuits, and likewise of sugar or ginger powder.

Half an ounce of grosse Cinnamon wil make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pounde of sugar to make your biscuits faire.

Carrowaines will bee faire at 12. coates.

Put into the sugar a little Amylum dissolued for five or six of the last coates, and that will make them exceeding crispe, and if you put too much Amylum or startch to the comfits which you woulde haue crispe, it will make them flat and smooth.

In anie other confection of pasted sugar mixed with gum Dragagant, put no kind of Amylum, beware of it, for it will make thy worke clammie.

To make red comfits, seethe 3.

D 5. or

The Arte of preseruing,

or four ounces of brasell with a little water, take of this red water 4. spoonefuls, of sugar one ounce, & boile it to his decoction, then giue 6. coates and it will bee of a good colour, or else you may turn so much water with one dram of turnsole doing as before.

To make greene comfits, seeth sugar with the iuice of beetes.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwaies when the water dooth seeth, then put in your sugar powder, and let it seeth a little vntill it bee cleane dissolued and boyled to his perfect decoction, & that the whitenesse of the colour be clean gone, and if you let it settle, you shall see the sugar somewhat cleare.

For biscuits take two spoonfulls of liquor, of sugar searced in a course searce one dram, and of sugar powder to be melt & cast one ounce. This dose will make the biscuits

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biskets somewhat faire, and somewhat greater then poppie seeds.

Aliter. Take sugar powder four drams, sugar to cast four ounces with liquor sufficient, lay gold or siluer on your comfits.

Euerie dram of sugar powder will take an ounce of sugar to bee cast, 8. drammes make one ounce, To thus much powder for biskets take halfe a pound of sugar to cast thereon.

Coriander seedes a quarter of a pound, sugar 3. pound, Coriander seedes halfe a pound, sugar 3. drams, will make faire comfits.

For biskets, Annis seedes, half a pound, Fennell seedes a quarter of a pound, and sugar two pound sufficeth.

In five or eight of the last coats put in two spoonefuls of sugar very hote to make them crispe.

To one pounde of sugar take 9. ounces of water.

The Arte of preseruing,

X

55 To make a Cullis as white as froure,
and in the nature of gellie.

TAke a cocke, scalde, washe, and
drawe him cleane, seeth it in
white wine or rennish wine, skum
it cleane, clarifie the broth after
it is strained, then take a pinte of
thicke and sweete creame, straine
that to your clarified broth, and
your broth will become excee-
ding faire and white: then take
powdred ginger, fine white sugar
and Rosewater, seething your cul-
lis when you season it to make it
take the colour the better.

56. To make Wafers.

X

TAke a pinte of flower, put it in-
to a little creame with two
yolkes of egges and a little rose-
water, with a little searced cina-
mon and sugar, worke them alto-
gether and bake the paste vpon
hote Irons.

57 To

conserving, candying, &c.

57. To make Almond butter.

Blanch your almondes & beate them as fine as you can with faire water, 2. or three houres, then straine them through a linnen cloth, boyle them with Rosewater, whole mace and annis seedes, till the substance be thicke, spreade it xpon a faire cloth, dreining the whey from it, after let it hang in the same cloth some fewe houres, then straine it and season it with Rosewater and sugar.

58. A white gelly of Almonds.

Take Rosewater, gum Dragan-
gant dissolued, or Isinglasse
dissolued, and some Cinamon
grossely beaten, seethe them alto-
gether, then take a pound of al-
monds, blanch and beate them
fine with a little faire water, drie
them in a faire cloth; and put
your

The Arte of preseruing,

your water aforesaid into the Almonds, seeth them together and stir them continually, then take them from the fire, when al is boyled to a sufficient height.

59 To make Leach.

Seeth a pinte of creame, and in the seething put in some dissolved Isinglas, stirring it vntill it be very thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

*50 Sweete Cakes without either spice
or sugar.*

XCrape or washe your Parsneps cleane, slice them thinne, drie them vppon canuas or networke frames, beat them to powder mixing one thirde thereof with two thirds

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thirds offine wheat flower, make
vp your paste into coates, and you
shall find them verie sweet and de-
licate.

61. *Roses and Gilloflowers
kept long.*

X
Ouer a Rose that is fresh, and
in the bud, and gathered in a
faire day after the dewe is ascen-
ded, with the whites of egges well
beaten, and presently strew theron
the fine powder of searced sugar,
and put them vp in luted pots, set-
ting the pots in a coole place in
sand or grauell. With a Phillip at
any time you may shake off this
inclosure.

62. *Grapes growing all the yeare.*

Put a Vine stalke through a
Basket of earth in December,
which is likely to beare Grapes,
that

The Arte of preseruing,
that yeaſe, and when the Grapes
are ripe, cut off the ſtak. vnder the
basket (for by this time it hath ta-
ken roote) keepe the basket in a
warme place, and the grapes will
continue fresh & faire a long time
vpon the vine.

63. *How to drie Roseleaues, or anie other
ſingle flower without wrinkling.*

If you would performe the ſame
well in roſeleafes, you muſt in
roſe time make choiſe of ſuch
roſes as are neither in the bud,
nor full blown. (for theſe haue the
ſmoother leafes of al other) which
you muſt especially cull & chooſe
from the reſte: Then take right
Callis ſand, wash it in ſome chāge
of waters, and drie it throughly
welleither in an ouen, or in the
ſunne; and hauiing ſhallow ſquare
or long boxes of 4. 5. or 6. inches
deepe, make firſt an euēn lay of
ſande in the bottome, vpon the
which

Concerning, candying, &c.

which lay your rose leaues one by one (so as none of them touch other) till you haue couered all the sand, then strow sande vpon those leaues till you haue thinly couered the all, & then make an other lay of leaues as before, and so lay vpon lay, &c. Set this box in some warme place in a hote sunny daie, (and commonly in two hote sunnie dayes they will bee through drie) then take them out carefully with your hand without breaking. Keepe these leaues in large glasse bound about with paper neere a chimney, or stoue, for feare of relenting. I find the red rose leafe best to be kept in this maner: also take awaye the stalkes of pansies, stock gilloflowers, or other single flowers, pricke them one by one in sande, pressing downe their leaues smooth with more sande laide euinely vpon them. And thus you may haue Rose leaues, and other flowers to lay about your ba-

The Arte of preseruing,

bafons, windowes, &c. alſy winter long. Also this ſecret is verie re quifite for a good ſimplifier, be cause he may drie the leafe of any herbe in this manner, & lay it be ing drie in his Herball with the ſimple which it repreſenteth, wher by he may eaſily leарne to knowe the names of all ſimples which he deſireth.

64. Cluſters of Grapes kept till Eaſter.

CLuſters of grapes haging vp on lines within a cloſe preſſe will laſt till eaſter, if they ſhrinke you may pluimpe them vp with a little warme water before you eat them. Some uſe to dip the endes of the ſtakſe firſt in pitch: ſome cut a branch of the vine with euerie cluſter, placing an apple at each end of the branch, nowe and then renewing those Apples as they rot, and after hanging them within a preſſe or cupbord, which would

Conseruинг, candying, &c.

would stand in such a roome (as I suppose) where the grapes might not freez, for otherwise you must be forced now and then to make a gentle fire in the roome, or else the grapes will rot and perith.

65. Howe to keepe Walnuts a longtyme
p'lumpe and fresh.

Make a laye of the drie stam-pings of crabs when the ver-
iuce is pressed from them, couer that lay with Walnuts, and vpon them make another lay of stam-pings, and so one lay vpon another till your vessell be ful where-in you meane to keepe them. The nuttes thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the ker-nels of drie walunts.

Gather not your walnuts before they be ful ripe, keep the without

The Arte of preseruing,

Outanies art vntill Newyeers tide,
then breake the shels carefullly, so
as you deface not the kernels (and
therefore you must make choise
of such nuts as haue thirne shels)
whatsoeuer you finde to come a-
way easily, remoue it, stiepe these
kernels in conduit water, fortie
eight houres, then will they swel
and grow verie plumpe and faire,
and you may pill them easily, and
present them to anie friende you
haue for a Newyeares gift, but be-
ing pilled, they must bee eaten
within two or three houres, or els
they lose their whitenes & beau-
tie, but vnpilled they will last 2. or
3. dayes faire and fresh. This of a
kind Gentlewoman, whose skill I
doo highly commend, and whose
case I do greatlie pitie, such is the
hard fortunes of the best wits and
natures in our daies.

67. *Howe to keepe Quinces in a most
excellent maner.*

Make

conservuing, candying, &c.

Make choise of such as are sound, & gathered in a faire, drie and sunny day, place them in a vessell of wood, containing a firkin or there about, then couer them with peny ale, & so let them rest: and if the liquor carrie anie bad scum, after a daie or two take it off, euery 10 or 12. dayes let out your peny ale at a hole in the botome of your vessell, stop the hole & fill it vp againe with fresh peny ale, you may haue as much for 2. pence at a time as will serue for this purpose, these Quinces being baked at Whitsontide did tast more daintily then any of those which are kept in our vsuall decoctions or pickels.

Also if you take white wine lees that are neat (but then I feare you must get them of the Marchant, for our Tauernes doe hardely af-foord anie) you may keepe your Quinces in them verie faire and freth all the yeare, & therein may you

The arte of preseruing,
you also keepe your barberries both
full and faire coloured.

68. *Keeping of Pomegranates.*

Make choise of such Pomgranates as are sounde and not prickt as they tearme it, lap them ouer thinly with waxe, hang them vpō nailes, where they may touch nothing in, some cupbord or closet in your bedchāber, where you keep a continual fire, and euery 3. or 4. daies turn the vndersides vp- permost, & therefore you must so hang them in packthred, that they may haue a bowe knot at either end. Thisway Pomgranates haue beeene kept fresh til whitsontide.

69. *Preseruing of Artichokes*

Cut off the stalkes of your Artichokes within two inches of the Apple, and of all the rest of the stalkes make a strong decoc-
tion

conserving, candizing, &c.

tion, slicing them into thinne and small peeces, and keepe them in this decoction: when you spende them you muste lay them first in warme water, and then in cold, to take away the bitternesse of them. This of *M. Parsons*, that honeit and painefull practiser in his profes-
sion.

In a mild & warm winter about a moneth or three weekes before Christmas, I caused great store of Artichokes to bee gathered with their stalkes in their ful length as they grewe, and making first a good thicke laye of Artichoke leaues in the bottome of a greate and large Vessel, I placed my artichokes, one vpon another as close as I coulde couch them, couering the ouer of a pretie thicknesse with artichoke leaues, these artichokes were serued in at my table all the Lent after, the apples being red & sound, only the tops of the leaues a little yaded, which

The Arte of preseruing,

I did cut away.

70. Fruit preserued in pitch.

DWayberies that do somewhat resemble blacke cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung vp by their stalkes, will last a whole yeare. *Probatum per M. Parsons, the Apothecarie.* Prooue what other fruities will also be preserued in this manner.

71. To make Cloue or Cynamon sugar.

LAy pieces of Sugar in close boxes amongst stickes of Cynamon, cloves, &c. and in a short time it will purchase both the tast and sent of the spice. *Probat. in cloves.*

72. Hazel

conserving, candying, &c.

72. Hasell Nuts kept long.

A Man of great yeares and experiance assured me, that nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt, a foot or two in the ground: they keepe best in grauelly or sandy places. But these nuts I am sure wil yeeld no oile as other nuts will, that waxe drie in the shels with long keeping.

73. Chesnuts kept all the yeare.

A fter the bread is drawne, disperse your Nuts thinlie ouer the bottome of the ouen, and by this meanes the moisture being dried vp, the Nuts will last all the yeare, if at any time you perceiue them to relent, put them into your ouen againe as before.



Secrets in Distillation.

1. How to make true spirit of wine.

Take the finest paper you can get, or else some virgin parchment, straine it verye tight and stiffe ouer the glasse bo. die wherein you put your sacke, malmesie or muskadine, oyle the paper or virgin parchment with a pensil moistned in the oile of Ben, and distil it in Balneo with a gentle fire, and by this meanes you shall purchase only the true spirit of wine. You shal not haue aboue two or three ounces at the moste out of a gallon of wine, which ascendeth in the forme of a cloude, without any dew or veines in the helme,

Secrets in Distillation.

helme, lute all the iointes well in this distillation. This spirit will vanishe in the ayre, if the glasse stand open.

2. *Have to make the ordinarie spirit of wine that is sold for 5. shillings, and a noble a pinte.*

Put sacke, malmefie, or muskadine into a glasse body, leaving one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a softe and gentle fire, drawe no longer then till all or most part wil burne away, which you may proue now and then, by setting a spoonefull thereof on fire with a paper as it drappeth from the nose or pipe of the helme, and if your spirit thus drawn haue any phlegme therin, the rectify or redistil y spirit again in a lesser body, or in a bolt receiver in sted of an other body, luting a small head on the top of y steale

E 2 there

Secrets in Distillation.

thereof, and so you shal haue a verie strong spirit, or else for more expedition, distill ffe or sixe gallons of wine by a Limbecke, and that spirit which ascendeth afterward, redistill in glasse as before.

3. Spirits of Spices.

Distill with a gentle heat either in balme or ashes the strong and sweete water where with you haue drawen oile of cloues, mace, nutmegs, juniper, Rosemarie, &c. after it hath stooede one moneth close stopt, and so you shall purchase a moste delicate spirit of each of the saide aromaticall bodies.

4 Spirit of wine tastling of what vegetable you please.

Macerate Rosemarie, Sage, sweete Fennell seeds, Marjoram, Lemon or Orenge pils, &c. in

Secrets in Distillation.

in spirit of wine a day or two, and then distill it ouer againe, vntill you had rather haue it in his proper colour, for so you shall haue it vpon the first infusion without any farther distillation, and some young Alchimists doe hold these for the true spirits of vegetables.

5 How to make the water which is usually called Balme water.

To euery gallon of claret wine, put one pounde of greene balme. Keep that which commeth first and is clearest by it selfe, and the second and whiter sort which is weakest, and commeth last by it selfe, distil in a pewter limbecke luted with paste to a brasie pot. Drawe this in May or June when the herbe is in his prime.

On this foli is laid by Sir Edward
Bates ympe 16. Rosa Solis.

Take of the hearbe Rosa Solis,
gathered in Iuly one gallon
E 3 picke,

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pickes out all the black moats frō
the leaues, dates halfe a pound,
Cinamon, Ginger, cloues, of each
one ounce, graines half an ounce,
fine sugar a pound and a half, red
rose leaues, greene or dried foure
handfuls, stiepe all these in a gal-
lon of good Aqua Composita in
a glasse close stopped with waxe,
during twenty daies, shake it well
together once euery two daies.
Your sugar must be poudred, your
spices brused onely or grosselie
beaten, your dates cut in long sli-
ces the stones taken away. If you
adde two or three graines of Am-
ber greece, and as much muske
in your glasse amongst the rest of
the ingredientes, it will haue a
pleasant smell. Some ad the gum
amber with coral and pearl finely
poudred, and fine leafe golde.
Some vse to boile Ferdinando
bucke in Rosewater, till they haue
patchased a faire deepe crimson
colour, & when the same is colde,
they

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they colour their Rosa solis and
Aqua Rubea therewith.

7. Aqua Rubea.

Take of muske sixe graines, of
Cinamon and Ginger of each
one ounce, white sugarcady one
pounde, pouder the sugar, and
bruse the spices grosselie, binde
them vp in a cleane linnen cloth,
and put them to infuse in a gallon
of Aqua composita in glasse close
stopped twenty fourre houres, sha-
king them together diuers times
then puttetherto of turnesole one
dram, suffer it to stand one houre,
and then shake altogether, then if
the colour like you after it is set-
led, poure the cleerest forth into
an other glasse, but if you wil haue
it deeper coloured, suffer it to
worke longer vpon the turne-
sole.

A booke le hollie vniuers Organ
in the abbeys of E 14. 8.D. Ste-
nfeld.

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S. D. Steeuens aqua composita.

Take a gallō of Gascoign wine, of ginger, galingale, cinamō, nutmegs & graines, Annis seeds, fennel seeds and carroway seedes, of each a dram, of Sage, mints, red Roses, Time, Pellitorie, Rosemarie, wild thyme, camomil, lauender, of each a handfull, bray the spices small, and bruise the herbs letting them macerate 12. houres, stirring it now and then, then distill by a limbecke of pewter, keeping the first cleare water that commeth by it self, and so likewise the second. You shall drawe much about a pinte of the better forte from euery gallon of wine.

TO euery gallon of good Aqua composita, put two ounces of chosen

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chosen liquorice bruised, and cast into small peeces, but first clenched from all his filth, and two ounces of Annis seeds that are cleane & bruised, let them macerate five or sixe dayes in a wooden vessell, stopping the same close, and then drawe of as much as will runne cleare, dissoluing in that cleare Aqua vitæ five or sixe spoonefuls of the best Malaffoes you can get, Spanish cute if you can get it, is thought better then Malaffoes, then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may vse the same: some adde Dates and Rasons of the sunne to this receipt; those grounds which remain you may redistill and make more Aqua composita of them, and of that Aqua composita, you may make more Vlique-bath.

E5

20 Cina-

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8.D. Stechens aqua composita.

Take a gallō of Gascoign wine,
of ginger, galingale, cinamō,
nutmegs & graines, Annis seeds,
fennel seeds and carroway seedes,
of each a dram, of Sage, mints, red
Roses, Time, Pellitorie, Rosemarie
wild thyme, camomil, lauender, of
each a handfull, bray the spices
small, and bruise the herbs letting
them macerate 12. houres, stir-
ring it now and then, then distill
by a limbecke of pewter, keeping
the first cleare water that com-
meth by it self, and so likewise the
second. You shall drawe much a-
bout a pinte of the better sorte
from euery gallon of wine.

9. Vsquebath, or Irish aqua vite.

To euery gallon of good Aqua
composita, put two ounces of
chosn

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chosen liquorice bruised, and cast into small peeces, but first clensed from all his filth, and two ounces of Annis seeds that are cleane & bruised, let them macerate fine or sixe dayes in a woodden vessell, stopping the same close, and then drawe of as much as will runne cleare, dissoluing in that cleare Aquavitæ fine or sixe spoonefuls of the best Malassoes you can get, Spanish cute if you can get it, is thought better then Malassoes, then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may vle the same: some adde Dates and Raisons of the sunne to this receipt; those grounds which remain you may redistill and make more Aqua composita of them, and of that Aqua composita, you may make more Vlique-bath.

E5 20 Cina-

10. *Cinnamon water.*

Hauing a Copper bodye or
brasse pot that will holde 12.
gallons, you may well make 2, or
3. gallons of Cynamon water at
once. Put into your body ouer
night 6. gallons of coudit water,
and two gallons of spirit of wine,
or to sauе charge two gallons of
spirit drawne from wine lees, Ale,
or low wine, and six pound of the
best and largest cynamon you can
get, or else eight pound of the se-
cōd sort well brusēd, but not bea-
ten into pouder, lute your Lim-
becke & begin with a good fire of
wood & coles, til the vessell begin
to distill, then moderate your fire,
so as your pipe may drop apace,
and run trickling into the recei-
uer, but not blow at any time; it
helpeth much herein to keep the
water in the bucket, not too hote
by often change thereof, it must
neuer

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neuer bee so hote but that you may wel indure your finger ther-in. Then deuide into quart glasses the spirit which first ascendeth, and wherein you finde either no taste or a verie small taste of the Cynamon, then may you boldly after the spirit once beginneth to come strong of the Cinamon, drawe vntill you haue gotten at the least a gallon in the receiuer, and then deuide often by halfe pintes & quarters of pintes, least you drawe too long, which you shall knowe by the fainte taste and milky colour which distil-leth in the ende, this you muste nowe and then taste in a spoone. Nowe when you haue drawne so much as you finde good, you may adde thereunto so much of your spirit that came before your Ci-namon water, as the same will wel bear, which you must find by your taste. But if your spirit & your ci-namō be both good, you may c fy afore

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aforesaid proportion wil make vp two gallons, or two gallons and a quarte of good Cynamon water. Heere note that it is not amisse to obserue which glasse was first filled with the spirit that ascended, and so of the seconde, thirde, and fourth: and when you mix, begin with the last glasse first, and so with the next, because those haue more taste of the Cynamon then that which came first, and therefore more fit to bee mixed with your Cynamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cynamon wa-
ter the seconde time. This way I haue often proued & found most excellent: take heede that your Limbecke be cleane and haue no maner of sent in it, but of wine or Cynamon, and so likewise of the glasses, funnelles and pots which you

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you shall yse about this worke.

11. *How to distil Isop, thyme lauender, Rosemarie, &c. after a new and excellent manner.*

Hauing a large pot containing 12. or 14. gallons, with a Limbecke to it, or else a copper bodie with a serpentine of 20 or 24. gallons, and a copper heade, beeing such a vessell as is commonly vsed in the drawing of *Aqua vitæ*, fill two partes thereof with faire water, and one other thirde parte with such hearbes as you woulde distill, the hearbes beeing either moist or drie it skilleth not greatly whether, let the hearbs mace-rate all night, and in the morning begin your fire, then distill as before in *Cinammon water*, beeing carefull to giue change of waters to your colour always as it needeth: drawe no lenger then you feele a strong and sensible taste of the

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hearbe which you distill, alwayes dewiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawne by a common pewter still; you may also gather the oile of each hearb which you shall finde fleeting on the top or summity of your water. This course agreeth best with such hearbs as are hot in taste, and will yeeld their oyle by distillation.

12. How to make the salt of hearbs.

Bvrne whole bundles of dried Rosemary, Sage, Isop, &c. in a cleane ouen, and when you haue gathered good store of the ashes of the hearbe, infuse warme water vpon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, & the residēce or settling which you finde in the bottō therof, is the salt which you seek for. Some vse to filter this lee diuers

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diuers times before euaporatiō, y their salt may be the clearer and more transparēt. This salt according to the nature of the hearbe hath great effects in phisicke.

13. Spirit of Honey.

Put one part of hony to 5. parts of water, when the water boyleth, disolute your hony therein, skimme it, and hauing sodden an houre or two, put it into a wooden vessell, and when it is but bloud warme, set it on worke with yeaste after the vsuall manner of beere and Ale, tun it, and when it hath lyen some time, it will yeelde his spirit by distillatiō as wine, beere and ale will do.

14. To distill Rosewater at Michelmas, and to haue as good yeeld as at any other time of the yeere.

In

Secrets in Distillation.

IN the pulling of your Roses, first
I deuide all the blasted leaues, the
take the other fresh leaues, and
lay them abroad vpon your table
or windowes with some cleane
linnen vnder them, let them ly 3.
or foure houres, or if they bee
dewy vntill the dewe be fully vani-
shed, put these rose leaues in great
stone pottes, hauing narrowe
mouthes, and well leaded within,
(such as the Goldfiners call their
hookers, & serue to receiue their
Aqua fortis bee the best of all o-
thers that I know) and when they
are well filled, stop their mouthes
with good corkes, either cou-
red all ouer with waxe or molten
brimstone, and then set your pot
in some coole place and they will
keepe a long time good, and you
may distill them at your best lea-
sure. This way you may distill
Rosewater good cheape, if you
buy store of Roses, when you finde
a glut of them in the market,
whereby

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whereby they are sold for 7. pence or 8. pence the bushell, you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vp the pot with Rose leaues to the top, that so in your distillation of them you shall haue a perfect Rosevinagar without the addition of any common vinegar. I haue knowne Roseleaues kept well in Rondlets, that haue beeene first well seasoned with some hote liquor and Roseleaues boyled together, and the same pitched ouer on the out side, so as no aire might penetrate or pietce the vessell.

15. A speedy distillation of Rosewater.

STAMPE the leaues, and first distill the juice beeing expressed, and after distill the leaues, and so you shall dispatch more with one Stil then others do with three or foure

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four stils. And this water is eue-
ry way as medicinable as the o-
ther, seruing in all sirrups, deco-
tions, &c. sufficiently, but not al-
together so pleasing in smell.

16. *How to distill wine vinegar or good
Alligar, that it may bee both cleare
and sharpe.*

I Kowe it is an vsuall manner a-
mong the Nouices of our time
to put a quart or two of good Vi-
negar into an ordinary leadē kill,
and so to distill it as they do all o-
ther waters. But this way I do vt-
terly dislike, both for that here is
no separation made at all, and al-
so because I feare that y^e vinegar
doth carry an ill touch with it ei-
ther frō the leaden bottō or pew-
ter head or both. And therefore
I coulde wish rather that the same
were distilled in a large bodie of
glasse with a head or receiuer, the
same being placed in sande or a-
shes.

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shes. Note that the best part of the vinegar is the middle part that ariseth, for the first is faint and phlegmaticick, and the last wil taste of adustion, because it groweth heauie toward the latter end, and must be vrged vp with a great fire, and therefore you must now and then taste of that which commeth both in the beginning & towards the latter ende, that you may receiue the best by it selfe.

17. How to draw the true spirit of roses, and so of all other herbs and flowers.

Macerate the Rose in his own juice, adding thereunto being teperately warm, a couenient proportion either of yeast or ferment, leaue the a few daies in fermentation, til they haue gotten a strōg & heady smel, beginning to incline toward vinegar, the distill them in balneo in glas bodies luted to their helms (happily a lime-heck

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becke wil do better and rid faster) and drawe so long as you find any sent of the Rose to come, then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Roses onely, and after distill the same.

18. *An excellent Rosewater.*

Vpon the top of your glasse bo-
die, straine a haire cloth, and
vpon that lay good store of Rose-
leaues, either drie, or halfe drie,
and so your water will ascend ver-
rie good both in smell and in co-
lour. Distill either in balneo, or in
a gentle fire in ashes, you may rei-
terate the same water vpon fresh
leaues. This may also be done in
a leaden Still, ouer which by rea-
son of the breadth you may place
more leaues.

19. An

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19. An excellent way to make the extract of all vegetables.

Expreſſe a good quantity of the
Juice thereof, fet it on the fire,
and giue it onelie a walme or two,
then it will grow cleere, before it
be cooled poure away the cleerest,
filter with a peece of cotton, and
then euaporate your filtered iuyce
till it come to a thicke ſubſtance,
and thus you ſhall haue a moſt ex-
cellent extract of the Rose, Gil-
loſflower, &c. with the perfect ſent
and taste of the flower, whereas
the common way is to make the
extract either by ſpirit of wine,
faire water, the water of the plant,
or ſome kind of menstruum.

20. To make a water ſmelling of the E-
glantine, Gillow flowers, &c.

Drie the hearbe or flower, and
diſtill the ſame in faire water
in

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by a limbecke, draw no longer the
you find sent in the water that is-
sueth, reiterate that water vpon
fresh herbes, and distill as before,
deuiding the sweetest frō the rest.

21. A Skotish handwater.

Put thyme, Lauender, and Rose-
mary confusedly together, the
make a lay of thicke wine Lees in
the bottome of a stone pot, vpon
which make an other laye of the
said hearbes, & then a lay of Lees,
and so forwarde, lute the pot well,
bury it in the ground for 6. weeks,
distil it, & it is called Dames wa-
ter in Scotland. A little therof put
into a bason of common water
maketh very sweet washing water.

22. How to draw the bloud of hearbs

Stampe the hearb, put the same
into a large glasse, leauing two
parts empty (some commend the
juice

Secrets in Distillation.

iuice of the hearbe onely) nip or
else lute the glasse very wel, digest
it in balneo 15. or 16, daies, and
you shall finde the same very red,
deuide the watriish part, and that
which remaineth is the bloud or
essence of the hearb.

23. Rosewater, and yet the Rose leaues
not discoloured.

You must distill in balneo, and
whē the bottom of your pew-
ter still is through hote, put in a
fewe leaues at once and distill
them: watch your still carefully,
and as soone as those are distilled
put in more. I know not whether
your profit will requite your la-
bour, yet accept of it as of a new
conclusion.

24. Howe to recouer Rosewater, or a-
ny other distilled water that hath
gotten a moher, and is in daunger to
be mustie.

Infuse

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Infuse your water vpō fresh Rose
leaues, or vpon Rose cakes bro-
ken all in peeces, and then after
maceration for three or foure
houres with a gentle fire, redistill
your water. Do this in a Limbeck,
take heed of drawing too long for
burning, vnlesse your Limbecke
stand in balneo.

25 *To drawe both good Rosewater, and
oyle of Roses together.*

After you haue digested your
Rose leaues by the space of 3.
moneths, *sicut ante, num. 13.* either
in barrels or hookers, then distill
thē with faire water in a limbeck,
draw so long as you finde any ex-
cellent smell of the Rose, then de-
uide the fatty oyle that fleeteth on
the top of the Rosewater, and so
you haue both excellent oyle of
Roses, and also good Rosewater
together, and you shall also haue
more water then by the ordinarie
way,

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way, and this Rosewater exten-
deth farther in physical composi-
tions, and the other serueth best
for perfumes and casting bottles.
You may also distill the oyle of
Lignum Rbodium this way, sauing
that you shall not neede to mace-
rate the same aboue 24.houres in
your water or menstruum before
you distill, this oyle hath a
most pleasing smell in a
maner equall with
the oyle of
Roses.

F

Coo-

COOKERIE and Huswifarie.

1. To souse a young Pig.

Take a young Pigge beeing
scalded, boile it in faire wa-
ter and white wine, put ther-
to some Bay leanes, some whole
Ginger, and some Nutmegs quar-
tered, a few whole cloues, boile it
throughly, and leauue it in the
same broath in an earthen pot.

2. Aister.

Take a Pig being scalded, col-
lar him vp like brawne, and
lap your collars in faire cloathes,
when the flesh is boiled tender,
take

Cookery and Huswifery.

take it out, and put it in cold water and salt, and that wil make the skin vvhite, make sowling drinke for it with a quart of white wine, and a pottle of the same broth.

3. To boile a flounder by Pickerel of the French fashion.

TAKE a pint of white wine, the tops of young time and Rose-marie, a little whole mace, a little whole pepper seasoned with Verjuice, salt, and a peece of sweete butter, and so serue it, this broth will serue to boile Fish twise or thrise in.

4. To boile Sparrowes or Larkes.

TAKE two ladles full of mutton broth, a little vvhole Mace, put into it a piece of sweet butter, a handful of Parsly being picked, season it with sugary verjuice, and a little pepper.

Cookerie and Huswifery.

5. To boile a Capon in vvbite
broth.

Boile your Capon by it selfe in
faire water, then take a Ladle
full or two of mutton broth and a
little white wine, a little whole
mace, a bundle of sweete hearbs,
a little marrowe, thicken it with
Almonds, season it with sugar, &
a little veriuyce, boile a fewe Cur-
rants by themselves, and a Date
quartered, least you discolor your
broth, and put it on the breast of
your Capon, Chicken or Rabbet,
if you haue no Almonds, thicken
it with creame, or with yolkes of
egges, garnish your dishes on the
sides with a Lemmon sliced & su-
gar.

6. To boile a Mallard, Teale
or Wiggin.

Take mutton broth, and put it
into a pipken, put into the
belly

Cookerie and Huswifery.

belly of the foule a fewe sweete
hearbes and a little Mace, sticke
halfe a dozen of Cloues in his
breast, thicken it with a toste of
bread stieped in veriuce, season
it with a little pepper, and a little
Sugar, also one Onion minced
small is verie good in the broath
of any water foule.

*7. To boile a legge of Mutton after the
French fashion.*

TAKE al the flesh out of your leg
of mutton, or at the but ende,
preseruing the skinne whole, and
mince it small with Oxe suet, and
marrow, then take grated bread,
sweete Creame, and yolkes of
egges, and a fewe sweete hearbs,
put vnto it Currans, and Resins
of the sunne, sealon it with Nut-
megs, Mace, Pepper, and a little
sugar, and so put it into the leg of
Mutton againe where you tooke
it out, and stewe it in a pot with a

Cookerie and Huswifery.

maribone or two, serue in the marrowe bones with the stewed-broath and fruite, and serue in your legge of mutton drie, vwith carot roots sliced, and cast grosse pepper vpon the roots.

8. *To boile Pigs pettoes on the French fashion.*

XBoile them and slice them, being first rolled in a little batter, your batter being made with the yolke of an egge, two spoonfuls of sweet creame, and one spoonfull of flower, make sawce for it with Nutmeg, vinegar and sugar.

9. *To boile Pigeons with Rice.*

XBoile them in mutton broath, putting sweet hearbes in their bellies, then take a little Rice and boile it in Creame, with a little whole Mace, season it with sugar, lay

Cookerie and Huswifery.

I lay it thick on their breasts, wringing also the iuice of a Lemmon vpon them, and so serue them.

10. *To boile a chine of veale, or a chicken in sharpe broth with beards.*

X
TAke a little mutton broth, white vvine and veriuyce, and a little whole mace, then take lettuce, Spinage, and Parsley, and bruse it, & put it into your broth, seasoning it with veriuice, pepper and a little sugar, and so serue it.

11. *To make Beaumanger.*

X
TAke the brawne of a Capon, toase it like wool, then boile it in sweete Creame with the whites of two egges, and beeing well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alablaſter morter with a woodden pestell, then drawe it thorough a thinne Strayne

Cookerie and Huswifarie.

with the yolks of two egges, and a little Rosewater, then set it on a chafing dish with coales, mixing foure ounces of sugar with it, and when it is cold dish it vp like Almond butter, and so serue it.

12. To make a Polonian
sawfedge.

Take the filets of an hog, chop them verie small with a handfull of red sage, season it hote with Ginger and Pepper, and then put it into a great sheepe's gut, then let it lie three nights in brine, then boile it and hang it vp in a chimney where fire is vsually kept, and these sawfedges will last one whole yeare. They are good for sallades, or to garnish boiled meates, or to make one relish a cup of wine.

13. To

33. To make tender and delicate
Brawne.

X

Put collars of brawne in kettles
of water or other apt vessels,
into an ouen heated as you would
for houshold breade, couer the
vessels, and so leane them as long
in the ouen as you would doe a
batch of bread. A late experience
amongst gentlewomen far excelling
the olde manner of boiling
brawne in great and huge kettles.
Where if putting your liquor hot
into the vessels, and the brawne a
little boiled first if by this meanes
you shall not give great expediti-
on to your worke.

34. Paste made of fish.

Incorporate the bodie of salt-
fish, Stockfish, Ling, or any fresh
fish that is not full of bones, with
crums of bread, flower, Isinglass,
F &c.

Cookerie and Huswiferie.

8cc. and with proper spices agreeing with the nature of euerie seuerall fish, and of that paste molde off the shapes and formes of little fishes, as of y Roch, Date, Perch, &c. and so by arte you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters, so as they shall last for sixe moneths sweet and good, and in their natural taste.*

Open your Oysters, take y licor of the, and mixe a reasonable proportion of the best white wine vinegar you can get, a little salt & some pepper, barrell the fish vp in small caske, couering all the Oysters in this pickle, and they vvill last a long time ; this is an excellent meanes to conuey Oysters ynto drie townes, or to cary them in long voyages.

16. *How*

Cookery and Huswifery.

16. How to keepe fresh Salmon a whole moneth in his perfect taste and delicacie.

First seeth your Salmon according to the vsuall maner, then sinke it in apt and close vessels in wine vinegar with a braunch of Rosemarie therin. By this meanes Vintners and Cookes may make profit thereof when it is scarce in the markets, & Salmon thus prepared may be profitably brought out of Ireland & sold in London or else where.

17. Fish kept long, and yet to eat short and delicately.

Frie your Fish in oyle, some commende Rape Oyle, and some the sweetest Ciuell Oyle that you canne get, for the fish will not taste at all of the Oyle, because

Cookerie and Huswifery.

because it hath a watrish bodie,
and oile and water make no true
vnitie, then put your fish in white
wine vinegar, & so you may keepe
it for the vse of your Table anie
reasonable tyme.

18. *How to keepe roasted Beefe a long
time sweete and wholesome.*

This is also done in wine vine-
gar, your peeces being not o-
uer great, and well and close bar-
relled vp, this secret was fully
proued in that honorable voyage
vnto Cales.

19. *How to keepe powdered beefe frue
or sixe weeks after it is sodden, with-
out anye charge.*

When your beefe hath beene
well and thorowly poudred
by tenne or twelue dayes space,
the seeth it throughly, dry it with

Cookery and Hyswifery.

a cloth, and wrap it in dry clothes, placing the same in close vessels and Cupbords, and it will keepe sweet and sound two or three moneths, as I am credibly informed from the experiance of a kinde & lowing friend.

20. *A conceipt of the Authors booke*
beefe may be carried at the sea, with-
out that strong and violent impression
of salt which it vsually purchaseth by
long and extreme pondring.

Here with the good leaue and fauour of those curteous gentlewomen, for whom I did principally if not only intend this little treatise; I wil make bold to lanch a little from the shoare, and trie what may bee done in the vaste and wide Ocean, and in long and dangerous voyages, for the better preseruation of such vsuall victuals, as for want of this skill

do

Cookery and Huswifery.

doe oftentimes merely perish, or else by the extreme piercing of the salte, doe loose euен their nutritiue strength & vertue, and if any future experience doe happen to controll my present conceipt, let this excuse a scholler, *quod in magnis est voluisse satis.* But nowe to our purpose, let all the bloud be first well gotten out of the beefe, by leauing the same some nine or tenne dayes in our vthiall brine, then barref vp all the pecces in vessels full of holes fastening them with ropes at the sterne of the ship, and so dragging them through the salt sea water, (which by his infinite change and succession of water will suffer no putrifaction (as I suppose) you may happily find your beefe both sweete and sauorie enough when you come to spend the same. And if this happen to fall out true vpō some triall thereof had, then either at my next impreſſion, or when

Cookerie and Huswifery.

when I shall bee vrged thereunto
vpon anie necessitie of seruice, I
hope to discouer the meanes also
wherby cuerie shippe may carrie
sufficient store of victuall for
her selfe in more close and con-
uenient carriages then those loose
vessells are able to performe. But
if I may bee allowed to carie ei-
ther roasted or sodden flesh to the
sea, then I dare aduenture my
poore credit thereto to preserue
for sixe whole moneths together,
either beefe, mutton, Capons,
Rabbets, &c. both in a cheape
manner, and also as fresh as wee
doe now vsually eate them at our
Tables. And this I hold to bee a
most singular and necessarie se-
cret for all our English Nauie,
which at all times vpon reasona-
ble tearmes I will be readie to dis-
close for the good of my country.

21. How

Cookery and Hauiswifery.

22. How to make sundrie sorts of most
daintie butter, having a lavelie
singe taste of Sage, Cynamon, Nutmegs,
Mace, &c.

This is done by mixing a fewe
drops of the extracted oyle of
Sage, Cynamon, Nutmegs, Mace,
&c. in the making vp of your but-
ter, for oyle and butter will incor-
porate and agree verie kindly and
naturally together. And how to
make the said oyles with all nec-
essarie vessels, instruments, and o-
ther circumstances by a most
plaine and familiar description.
See my Lewell house of Arte and
Nature under the Title of distilla-
tion.

23. How to make a larger and daintier
Cheese of the same proportion of
milke, then is commonly used or
knowne by anie of our best dairie-
women at this day.

Hauing

Hauing brought your milke
into curdes by ordinary ren-
net, either breakethem with your
handes according to the vsu-
all manner of other cheeses, and
after with a fleetting dish, taking
away as much of the whey as you
can, or else put in the curds with-
out breaking into your moate, let
them so repose one houre, or two
or three, and then to a cheeze of
two gallons of milk, adde a waight
of tenne or twelue pound, which
waight must rest vpon a couer,
that is fit with the moate or case
wherein it must truly descend by
degrees as you increase your
waight, or as the curdes do sinke
and settle. Let your curdes re-
maine so all that day and night
folowing vntil the next morning,
and then turne your cheese or
curds, & place your waight again
theron, adding from time to time
some more small waight as you
shall see cause. Note that you must
lay

Cookerie and Huswifery.

lay a cloth both vnder and ouer your curdes, at the least, if you wil not wrap them all ouer as they do in other cheeses, changing your cloth at euerie turning. Also if you will worke in any ordinarie moat, you must place a round and broade hoope vpon the moat, being iust of the selfe same bignesse or circumference, or else you shall make a verie thinne cheese. Turne these cheeses euerie morning and euening, or as often as you shall see cause, till the whey bee all run out, and then proceed as in ordinarie Cheeses. Note that these moates would be full of holes, both in the sides and botome, that the whey may haue the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases either round or square of fine wicker, which ha-
ving wicker couers, may by some slight be so stayed, as that you shal
need

Cookerie and Huswifery.

neede only morning and euening to turne the wrong side vpwarde, both the bottoms being made loose and so close, and fitting as they may sinke truly within the moate or molde, by reason of the waight that lieth thereon. Note that in other cheeses the couer of the mote shutteth ouer the moat, but in these y couers descend and fall within the moates. Also your ordinarie cheeses are more spon- gious and full of eyes then these, by reason of the violent pressing of them, wheras these cheeses sett- ing gently & by degrees, do cut as close and firme as marmalade. Also in those cheeses which are pressed out after the vusual maner, the whey that commeth from the if it stande a while will carie a Creame vpon it, whereby the cheese must of necessity be much lesse, and as I gesse by a fourth parte, vwhereas the vvhely that commeth from these new kind of chee-

Conquerie and Huswifarie

cheeses is like faire water in color and carieth no strength with it. Note also that if you put in your curdes vnbrotten, not taking away the whey that issueteth in the breaking of the, that so the cheeses will yet bee so much the greater, but that is the more troublesome way, because the curds beeing tender wil hardly endure the turning, vnsesse you be very carefull. I suppose that the Angelots in Fraunce may bee made in this manner in small baskets, and so likewise of the Parmesan : and if your whole cheese consist of vnsflatten milke they will bee full of butter and eate most daintily, beeing taken in their time, before they be too dry, for which purpose you may keepe them when they begin to grow drie, vpon greene rushes or nettles. I haue robbed my wifes Dairy of this secret, who hath hitherto refused all recompences that hath beene offered her.

Cookerie and Huswifarie.

her by Gentlewomē for the same,
& had I loued a cheeſe my ſelfe ſo
well as I like the receipt, I thinkē
I ſhould not ſo eaſily haue impar-
ted the ſame at this time. And
yet I muſt needs confeſſe that for
the better gracing of the Title
wherewith I haue fronted this
pamphlet, I haue beene willing to
publish this with ſome other ſe-
crets of worth, for the which I
haue manie times refuſed good
ſtore both of Crownes and An-
gels: and therefore let no Gentle-
woman thinkē this booke too
deare, at what price ſocuer it ſhall
be valued vpon the ſale thereof,
neither can I eſteeme the worke
to be of leſſe then twentie yeres
gathering.

23. Clouted creme.

TAKE your milke beeing newe
milked, and preſently ſet it
vpon the fire from morning vntil
the

Cookerie and Huswifarie.

the euening, but let it not leethe,
and this is called my Lady Youngs
clowted creame.

24. Flesh kept frower in summer.

You may keepe veale, mutton,
or venison in the heat of sum-
mer 9. or ten daies good, so as it
be newly & faire killed, by hang-
ing the same in an high and win-
die roome (And therefore a plate
cupboard full of holes, so as the
wind may haue a through passage
would be placed in such a roome,
to auoid the office of flie-blowes)
this is an approued secret, easie
and cheap, and very necessarie to
be known and practised in hote &
tainting weather. Veale may bee
kept ten daies in bran.

25. Mustard meale.

It is vsuall in Venice to sell the
meale of mustard in their mar-
kets.

Cookerie and Huswiferie.

kets, as we do flower and meale in England: this meale by the addition of vinegar in two or three daies becometh exceeding good mustard, but it would bee much stroker and finer, if the husks or huls were first diuided by searce or boulter, which may easily bee don, if you drye your seeds against the fire before you grind the. The Dutch iron handmills, or an ordinarie pepper mill may serve for this purpose. I thought it verie necessarie to publish this manner of making of our sauce, because our mustard which we buy frō the Chandlers at this day is manie times made vp with vile and filthy vinegar, such as our stomack wold abhorre if wee should see it before the mixing therof with the seeds.

26. *How to auoid smoke, in broiling of Bacon, Carbonado, &c.*

Make little dripping pans of paper,

Cookerie and Huswifery.

paper, pasting vp the corners with starch or paste, wet them a little in water (but Pope Pius Quintus his Cooke) will halfe them touched ouer with a feather first dipped in oyle or molten butter, lay them on your gridiron, & place therein your slices of bacon, turning the same as you see cause. This is a cleanly way, and auoideth all smoke. In the same manner you may also broile thin slices of Polonia sawfedges, or great oysters, for so were the Popes oysters dressed. You must be carefull that your fire vnder the gridiron flame not, least you happen to burne your dripping panes, and therefore all colebrands are here secluded.

27. The true bottling of beere.

When your Beere is tenne or twelve dayes old, whereby it is growne reasonable cleare,

then

Cookery and Huswifery.

then bottle it, making your corks
verie fit for the bottles and stop
them close, but drinke not of this
beere till they begin to yvorce a-
gaine and mantle, and then you
shall find the same most excellent
and sprightly drinke; and this is
the reason why bottle Ale is both
so windy and muddy, thundring
and smoaking vpon the opening
of the bottle, because it is com-
monly bottled the same day that
it is laid into the Sellar, whereby
his yeast being an exceeding windie
substance, being also drawne
with the Ale not yet fined, doth
incorporate with the drinke, and
maketh it also verie windie, and
this is all the lime & gunpowder
wherewith bottle ale hath been a
long time so wrongfully charged.

28. *How to help your bottles when
they are musty.*

Some put them in an ouen whe-
G the

Cookerie and Huswifery.

the breade is newly drawne, clo-
sing vp the Ouen, and so let them
rest till morning. Others con-
tent the selues with scalding them
in hote liquor onely till they bee
sweete.

29. *How to breake whites of
Eggs speedily.*

A Figge or two shred in peeces,
and then beaten amongst the
whites of egges will bring them
into an oyle speedily, some break
them with a stubbed rod, & some
by wringing them often through
a sponge.

30. *How to keepe flies from oyle peeces.*

A Line limed ouer and strained
about the crests of oyle peeces
or pictures will catch the
flies, that would otherwise deface
the pictures. But this Italian con-
ceipt both for the rarenesse and
vse

Cookery and Huswifery.

use thereof doth please me aboue all other. vñ. Pricke a Cowcumber full of barly cornes with the small spiring ends outward, make little holes in the Coweumber first with a wodden or boane bodkin, and after put in the greine, these being thicke placed will in time couer all the Cowcumber, so as no man can discerne what strange plant the same should be. Such Cowcumbers are to bee hung vp in the middest of Summer roomes to draw all the flies ynto them, which otherwise wold flie vpon the pictures or hangings.

31. To keepe Lobsters, Crafishes, &c. sweete and good for some few dayes.

These kinds of fish are noted to be of no durability or lasting in warme weather, yet to prolong their dayes a little, though I feare I shall raise the price of them

Cookerie and Huswifery.

them by this discouerie amongst the fishmongers, who onely in respect of their speedie decay doe now and then afford a peniworth in them) if you wrappe them in sweete and course rags first moistened in brine, and then burie these cloathes in Callis sand, that is also kept in some coole and moist place, I know by mine owne experience that you shall finde your labour well bestowed, and the rather if you lay them in seueral clothes, so as one do not touch the other.

*32. Diners excellent kinds of
bottle Ale.*

I Cannot remember that euer I did drinke the like sage ale at any time, as that which is made by mingling two or three drops of the extracted oyle of sage with a quart of Ale, the same being well bruied out of one pot into another;

Cookery and Huswifarie.

ther; and this way a whole stande of sage Ale is very speedily made. The like is to bee done with the oile of Mace or Nutmegs. But if you wil make a right Gossips cup that shal farre exceede all the Ale that euer mother *Bunch* made in her life time, then in the bottling vp of your best Ale, tunne halfe a pinte of white Ipoeras that is newly made, and after the best receipt, with a pottle of Ale, stoppe your bottle close, and drinke it vwhen it is stale: Some commend the hanging of roasted Orenge prickt full of Cloues in the vessel of Ale till you find the taste thereof sufficiently graced to your owne liking.

33. *How to make wormewood wine verry speedily and in great quantitie.*

Take small Rochel or Contake wine, put a few droppes of the
G 3. extra-

Cookerie and Huswifery.

extracted oile of wormwood ther-
in, brewe it togither (as before is
set down in bottle ale) out of one
pot into another, and you shall
haue a more neate and wholsome
wine for your body, then y which
is solde at the Stillyard for right
wormwood wine.

38. *Rosewater and Rose vinegar of the
colour of the Rose, and so of the Cow-
slep, and violet vinegar.*

IF you vwould make your Rose-
water and Rose vinegar of a Ru-
bie color, then make choise of the
crimson-veluet-coloured leaues,
clipping away the whites vwith a
paire of sheeres, & being through
dried, put a good large handful of
them into a pinte of Damaske or
red rosewater, stop your glasse wel
& set it in the sun, till you see that
the leaues haue lost their colour.
Or for more expedition you may
performe this worke in balneo in

Cookerie and Huswiferie.

a few houres, and when you take out the olde leaues, you may put in fresh till you find the colour to please you. Keepe this Rosewater in glasses verie vvel stopt, the fuller the better. What I haue said of Rosewater, the same may also bee intended of Rose vinegar, violet, marigolde, and cowslip vinegar, but the whiter vinegar you chuse for this purpose, the colour ther-of vwill be the brighter, and therfore distilled vinegar is best for this purpose, so as the same bee vvarily distilled vwith a true diuision of partes, according to the maner expressed in this booke in the distillation of vinegar.

35. *To keepe the iuyce of Oranges and Lemmons all the yeere for sauce, Iuleps and other purposes.*

Exprese their iuyce, and passe it through an Ipocrasse bagge to clarifie it from his impurities,

Cookery and Huswifery.

ties, then fill your glasse almost to the top, couer it closely, and let it stand so til it haue done boiling, then fill vp your glasse with good fallet oyle, & set it in a coole closet or butterie where no sunne commeth; the aptest glasses for this purpose are straight vpright ones, like to our long beere glasse, which would bee made with little round holes within two inches of the bottome to receiue apt fawcets, & so the grounds or lees would settle to the bottome, and the oyle would sinke downe with the iuyce so closely that all putrefaction would bee auoided; or in steede of holes if there were glasse pipes it were the better and readier way, because you shall hardly fasten a faucet well in the hole. You may also in this maner preserue many iuices of hearbes and flowers.

— And because that profite and skill vnted do grace each other, if

Cookery and Huswifery.

if (curteous Ladies) you will lend
cares and follow my direction, I
will heere furnish a great number
of you (I woulde I could furnish
you all) with the iuyce of the best
ciuill Orengeſ at an easie price.
About Alhallontide or ſoone af-
ter you may buy the inward pulpe
of ciuill orenges wherin the juice
reſteth, of the comfetmakers for a
ſmall matter, who do only or prin-
cipally reſpect their rindſ to pre-
ſerue & make Orengadoes wth-
all, this juice you may prepare &
reſerue as before.

36. *How to purifie and giue an ex-
cellent ſmell and taſte unto ſallet
ſyle.*

Put ſallet Oyle in a Veffell of
wood or earth, hauing a hole
in the bottom, to euery 4. quartes
of water addē one quarre of oyle,
and with a wooden ſpoone or
ſpatte

Cookery and Higwiferie.

Spattle beate them well together for a quarter of an houre, then let out the water preuenting the oyle from issuing by stopping of the hole, repeate this worke two or three times, and at the last you shall find your oile wel clenched or clarified. In this manner you may also clarifie capon's grease, being first melted, and working with warme water. Al this is borrowed of *M. Bartbolmeus Scapius* the Master Cooke of Pope *Pius Quintus* his priuie kitchen. I think if y^e last agitation were made in Rosewater, wherein also Cloues or Nutmegs had beene macerated, that so the oyle woulde bee yet more pleasing.

Or if you let a iar glasse in balneo full of sweete oyle with some store of bruised cloues, and rinds of ciuill oranges or lemmons also therein, and so continue your fire for two or three houres, and then letting the Cloues & Rindes remaine

Cookerie and Huswiferie.

remaine in the oyle till both the
sent and taste doe please you : I
thinkē many men which at this
day do loath oile (as I my selfe did
not long since) woulde bee easilly
drawn to a sufficiēt liking therof.

*37. How to clarifie without any distil-
lation both white and claret wine vi-
negar for gellies or sauces.*

TO euerie sixe pintes of good
wine vinegar, put the whites
of two new laid Egges wel beaten,
then put all into a newe leaden
pipkin, & cause the same to boile
a little ouer a gentle fire, then let
it run through a course gelly bag
twise or thrise, and it will be verie
cleare, and keepe good one whole
yeere.

*38. To make a most delicate white salt
for the table.*

First calcine or burn your white
salt,

Cookery and Hauisery.

Salt, then dissolve it in cleare con-
duit water, let ſome water ſtand with-
out ſtirring fortie eight houres,
then carefully drayn away all the
cleare water only, filter it, & after
evaporate the filtered liquor reſer-
ving the ſalt. Some leauue out cal-
eination.

39. A delicate Candle for a
Ladies Table.

Cause your Dutch Candles to
bee dipped in Virgin wvax ſo
as their laſt coate may be meerly
wvaxe, and by this meanes you
may carrie them in your hande
wvithout melting, and the ſent
of yellow wil not break through
to giue offence: but if you would
haue them to reſemble yellowve
waxe candles, then firſt let the tal-
low be colored wvith Turmerick
boiled therein, and strained, and
after your Candles haue beene
dipped therein to a ſufficient
great-

Cookery and Huswifarie.

greatnesse, let them take their last coate from yellow wvax, this may be done in a great round Can of tinne plate hauing a bottom, and being somewhat deeper then the length of your candles, & as the waxe spendeth you may stil supply it wvith more.

40. *How to hang your Candles in the aire without candlestickes.*

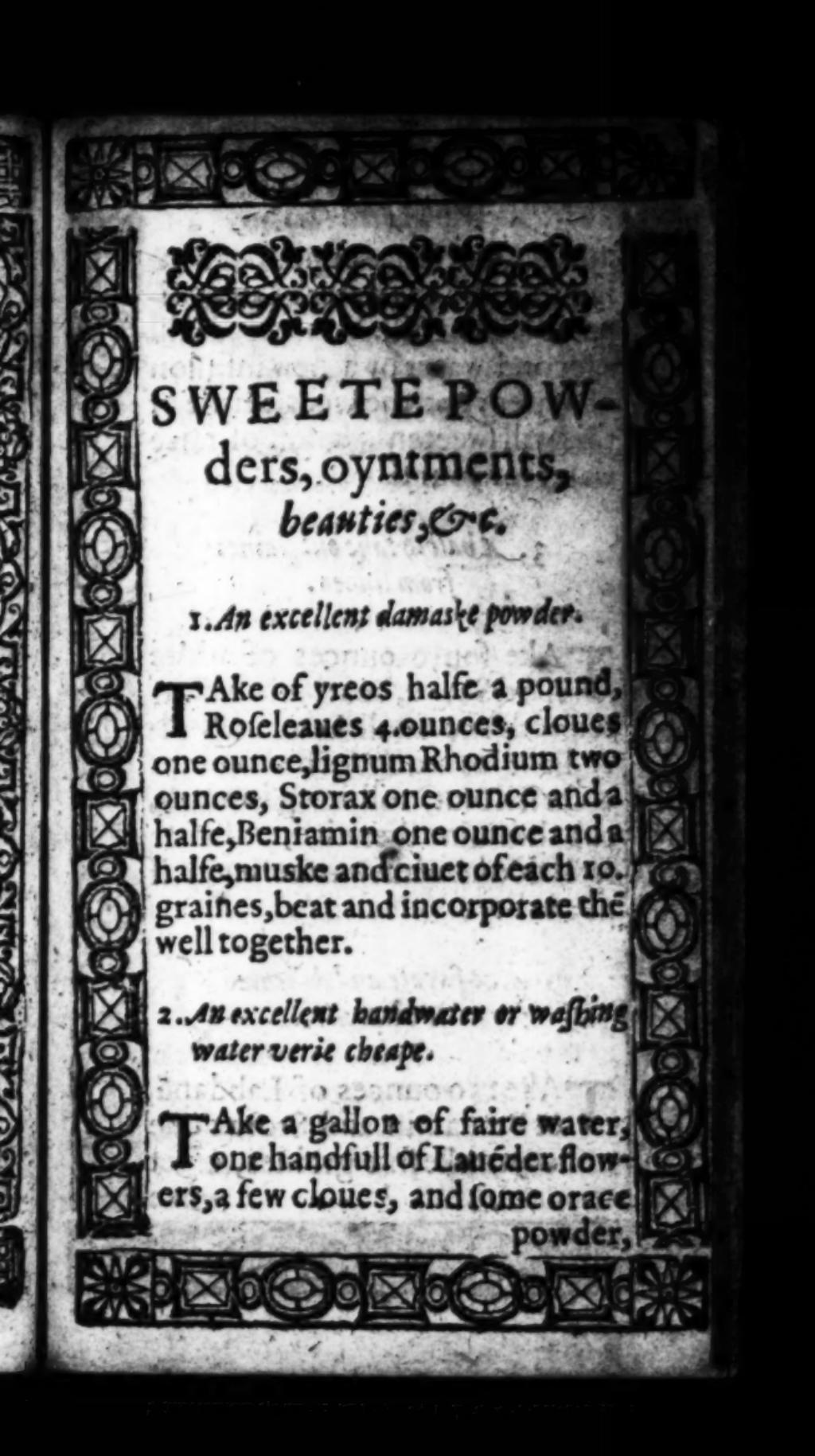
THIS will make a strange shewe to the beholders that knowe not the conceit, it is done in this maner. Let a fine Virginall vvier be conueied in the midst of euerie vweek and left of some length aboue the Candle to fasten the same to the postes in the roofe of your house, and if the roome bee anie thing high roofed, it will be hardly discerned, and the flame though it consume the tallow, yet it vvill not melt the vvier.

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¶. Rose vinegar made in a new
manner.

Macerate or steepe Rose-
leaues in faire water, let
them lie therein til they wax
soure in smel, & then
distill the water.

Sweete



SWEETE POW- ders, oyntments, *beauties, &c.*

1. An excellent damaske powder.

Take of yreos halfe a pound, Roseleaues 4.ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, Beniamin one ounce and a halfe, muske and ciuet of each 10. graines, beat and incorporate the well together.

2. An excellent handwater or washing water verie cheape.

Take a gallon of faire water, one handfull of Lauéder flowers, a few cloues, and some orage powder,

Sweete powders,

powder, and four ounces of Beniamin, distill the water in an ordinary leaden still. You may distill a second water by a new infusion of water vpon the feces, a little of this will sweeten a bason of faire water for your table.

*3. A ball to take out staines
from linnen.*

Take four ounces of white hard Soape, beate it in a morter with two small Lemmons sliced, and as much roch allome as an hasell Nut, roll it vp in a ball, rub the staine therwith, and after fetch it out with warme water if neede be.

*4. A sweete and delicate
Pomander.*

Take two ounces of Labdanū, of Beniamin and Storax one ounce, muske sixe graines, cinct vnto a small boxe, vnto a double boxe sixe

Ointments, bawines, &c.

fixe grainet; Amber grecce five
graines, of Calamus Aromaticus
and Lignum Aloes, of each the
waight of a groat, beat all these in
a hote morter, and with an hote
pestell till they come to past, then
wet your hand with rose water, &
roll vp the paste sodainly.

*5. To take staines out of ones hands
presently.*

THIS is done with the iuyce of
Sorrell washing the stained
places therein.

*6. To take away spots and freckles from
the face or hands.*

THe sappe that issueth out of
a Birch tree in great aboun-
dance, being opened in March or
April, with a receiuer of glasse set
vnder the boring thereof to re-
ceiue the same, doth perform the
same

1. *Spurges and ointments,*

Come most excellently, and ma-
ken the skin very cleare. This sap
will dissolve pearle, a secrete not
knowing vnto many.

2. *A white fucus or beautie for
the face.*

The iawe bones of a Hogge or
Sowe well burnt, beaten, and
searced through a fine searce, and
after ground vpon a porphire or
serpentine stone is an excellent
fucus, being laid on vwith the oile
of white poppey.

3. *A delicate washing ball.*

Take three ounces of Orace,
halfe an ounce of Cypres, two
ounces of Calamus Aromaticus,
one ounce of Rose leaues, two
ounces of Lauender flowers, beat
all these together in a morter, sear-
cing them through a fine searce,
then

then scrape some castill sope, and dissolve it with some Rosewater, then incorporate all your powder therewith by labouring of them well in a morter.

9. Damaske powder.

Take five ounces of orace, two ounces of Cipres, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Beniamin, one ounce of Rose leaues, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. To keepe the teeth both white and sound.

Take a quart of hony, as much vinegar, and halfe so much vwhite wine, boile them together, and vwash your teeth therewith now and then.

11. To

Simple pouders,

*31. To delay heat, and cleare
the face.*

Take three pintes of conduit water, boile therein two ounces of French barley, change your water, and put in the barley again, repeat this so long, till your water purchase no colour from the Barley, but become verie cleare: boyle the last three pintes to a quart, then mixe halfe a pinte of white wine therein, and when it is cold, wring the iuyce of two or three good Lemmons therin, and use the same for the Morphewe, heate of the face or hands, and to cleare the skinne.

*32. Skinne kept vwhite
and cleare.*

Wash the face and body of a sucking child with breast milke, or Cowe milke, or mixed with

ointments, beautift, drie.

with water, euery night, and the
childeſkinne will waxe faire &
cleare, and refiſt ſunburning.

13. An excellent Pomatum to cleare
the ſkinne. X

WAſh Barrowes greafe often
times in *May* dewe that
hath bin clarifiēd in the ſun till it
be exceeding white, then take
Marſhmallow rootes ſcraping off
the outſides, then make thin ſli-
ces of them and mixe them, ſet
them to macerate in a ſeething
balneo, and ſcummē it well till it
be throughly clarifiēd and wylle
come to roap, then ſtraine it, and
put now and then a ſpooneful of
May-dewe therein beating it till
it be through cold in often chāge
of *Maydew*, then throw away that
dewe, and put it in a glaſſe con-
ſing it with *May* dewe, and ſo re-
ſerue it to your vſe. Let the mal-
low

Sweete powders,

Iouc rootes be two or three daies
dried in the shadre before you vse
them. This I had of a great profe-
sour of Arte, and for a rare and
daintie secret, as the best fucus
this day in vse.

*14. Another minerall fucus for
the face.*

Incorporate with a wooden
spicile and in a wooden morter
with great labour fourre ounces
of sublimate, and one ounce of
true Mercurie at the least sixe or
eight houres (you cannot bestow
too much labor herein) then with
often change of colde water by
ablution in a glasse, take away the
salts from the sublimate, change
your water twise, euerie day at the
least, and in seuen or eight dayes
(the more the better) it will bee
dulcified, and then it is prepared.
Lay it on with the oyle of white
poppey.

15. To

Ointments, & pomatum, &c.

15. To take away chilblaines out of the
hands or feete.

BOyle halfe a pecke of oates in
a quart of water, till they waxe
drie, then hauing first annointed
your hands with some good Po-
matum & well chafed them, hold
them within the oates as hot as
you may well suffer them, cou-
ring the boll wherein you put
your handes with a double cloth
to keepe in the steame of the oats.
Do this three or four times, and
you shall find the effect. The same
Oates will serue to bee sodden
with fresh water three or four
times.

16. To helpe a face that is red
or pimpled.

Dissolve common salt in the
juice of Lemmons and with a
linnen

with powder,
linen cloth pat the patients face
that is full of heate or pimples. It
cureth in a few dressings.

ST. ALICE.

Take of those little whelkes or
shells which some do cal giny
monney, wash fve or six of them, &
boyle them to fine powder, and
infuse the iuyce of Lemmons vp-
on them, & it wil presently boile:
but if it offer to boile out of your
glasse, then stop the mouth there-
of with your finger, or blow into
it. This vvill in a short time bee
like an ointment, with which you
must annoyle the heate or pim-
ples of yface often times in a day
till you find help. As the ointmet
drieth put more iuice of Lem-
mons to it. This of an outlandish
Gentlewoman, & it is an assured
remedy if the heate be not verie
extreme. Some haue found by ex-
perience

ointments, beanties, &c.

perience, that bathing of the face
with hote vinegar euerie night
when they go to bed doth migh-
tily repell the humour.

18. Alter.

Q Vilt bay salte well dried and
powdered in double linnen
sockes of a pretie bignesse, let the
patient weare them in wide hose
and shooes day and night, by the
space of fourteene daies, or til he
be well, euerie morning and eue-
ning let him drie his sockes by
the fire and put them on againe.
This helpeſ *M. Foster* an Effex ma-
and an Attorney of the common
pleas within these few yeaſes, but
now deceased, whose face was for
many yeaſes together of an ex-
ceeding high and firy colour
of mine own knowledge, and had
spent much money in physicke
without any ſuccesse at all, vntill

H he

Sweete powders,

he obtained this remedie. The pa-
tient must not take any wet of his
feete during the cure.

39. *Aliter & optime.*



Take half a pound of white di-
stilled vinegar, two newe laid
Egges vwith their shelles, two
spoonfuls of the flowers of brim-
stone, let these macerate in the
vinegar by the space of three
dayes, then take out the Egges,
and pricke them full of holes with
a needle, but not too deepe, least
any of the yolke shoulde happen
also to issue, let that liquor al-
so mixe with the vinegar, then
straine all through a fine cloath,
and tie vp the brimstone in the
cloath like a little ball, dippe this
ball in the strained liquor when
you vse it, and pat it on the place
three or foure times euerie daie,
and

• ointments, beauties, &c.

and this will cure any red face in
twelue or fourteene dayes. Some
do also commende the same for
an approued remedie against the
morphew, the brimstone bal must
be kept in some close thing from
the ayre.

20. How to take away any pimple from
the face.

X

Brimston ground with the oile
of Turpentine, and applied to
anie pimple one houre, maketh
the flesh to rise spungeous, which
being annoyned with the thicke
oyle or butter that ariseth in the
morning from new milke sodden
a little ouer night, will heale and
scale away in a few dayes, leauing
a faire skinne behind. This is a
good skinning salue.

Sweet powders,

21. *To helpe any Morphew, sunburning
itch, or red face.*

Tiepe two sliced Lemmons being large and faire in a pinte of Conduit water, leaue them four or five daies in infusion couering the water, then straine the water, and dissolve therein the quantity of a haseli nut of sublimate (some hold a dramme a good proportion to a pinte of water) finely powdered, let the patient wet a cloth therein, and rub the place where the griefe is euerie morning and euening a little, till the hew doe please her: you may make the same stronger or weaker according to good discretion.

22. *For the Morphew:*

Take a pinte of distilled vinegar, lay therein two new laide egges

oinments, beauties, &c.

egges whole with their shelles, three yellow Docke rootes picked and sliced, two spoonfulles of the flowers of brimstone, and so let all rest three daies, and then vse this liquor with a cloath, rubbing y^e place three or foure times euerie day, and in three or foure dayes it commonlie helpeth, put some bran in your cloth before you moisten your cloth therein, binding it vp in forme of a little ball. This of Master Rich of Lee, who helped himselfe & a gallant Ladie therewith in a few daies.

23. *To take away the freckles
in the face.*

Wash your face in the wane of the moon with a spunge, morning and euening with the distilled water of elder leaues, letting the same drie into the skinne. Your water must be di-

H 3 distilled

Sweete powders,

Rilled in *Maie*. This is of a Tra-
pailer, who hath cured himselfe
thereby.

34. To cure anie extreme bruise upon a
sore fal on the face, or any other mem-
ber of the body.

Presently after the fall make a
greate fire, and apply hote
cloathes one after another with-
out intermission, the patient sta-
ding neere the fire for one houre
and a halfe, or till the swelling be
cleane abated. This I knewe pro-
ued with good successe in a maid
that fell downe a paire of staires,
wherby all her face was extreme-
ly disfigured. Some holde op-
inion that the same may bee per-
fourmed with clothes wet in hote
water and wroong out againe
before application. Then to take
away the chaungeable colours,
which doe accustomably followe
all bruises, shred the roote of a
greene

ointments, beauties, &c.

greene or growing flower de lucc
beate it with red rose water, and
grinde it till it come to a salue,
apply the same, and in a fewe
houres it taketh away all the co-
lours, but if it lie too long it will
raise pimples, and therefore so-
soone as the colours bee vani-
shed, immediately remoue the
salue.

25. *How to keepe the teeth
cleane.*

Calcine the tops & branches
of Rosemarie into ashes, and
to one part thereof, put one part
of burnt allome, mixe them well
together, and with thy finger first
moistened a little with thy spittle,
rubbe all thy teeth ouer a prettie
while euerie morning till they be
cleane, but not to galling of thy
gums, the sup vp some faire water
or white wine, gargling y same vp
& down thy mouth a while, & the

H 4 drie

Sweete powders,
drie thy mouth with a towel. This
of an honest Gentleman and a
painefull gatherer of physical re-
ceits.

26. Sweete and delicate dentifrices or
Rubbers for the teeth.



Dissolute in foure ounces of
warme water, three or foure
drammes of gumme Dragagant,
and in one night this wil become
a thicke subittance like gellie,
mingle the same with the powder
of Alablafter finelie ground and
searced, then make vp this sub-
stance into little round rolles, of
the bignesse of a childe's arrowe,
& foure or fve inches in length.
Also if you temper Roset or some
other colour (that is not hurtful)
with them, they will shew ful of
pleasing veines. These you may
sweeten either with Rosewater,
Ciuet or musk. But if your teeth
bee

oyntments, beauties, &c.

be verie scaly, let some experie
barbar first take off the scales with
his instrument, & then you may
keepe them cleane by rubbing
them with the aforesaide rolles.
And heere by those miserable ex-
periences that I haue seene in
some of my neerest friends, I am
inforced to admonish all Gentle-
women to be carefull howe they
suffer their teeth to be cleansed
and made white with anie *Aqua
fortis*, which is the Barbars vsuall
water, for vnles the same be both
well delayed, and carefully apply-
ed, she may happen within a fewe
dressings to be forced to borrow
a ranke of teeth to eate her din-
ner, vnlesse her gums do help her
the better.

27. *A delicate stoue to sweate in.*

I know that many Gentlewomen
I as wel for the clearing of their
skins

Sweete powders,

skins as cleansing of their bodies
do now and then delight to sweat.
For the which purpose I haue set
downe this manner followiug, as
the best that euer I obserued. Put
into a brasle pot of sôme good
content, such proportion of sweet
hearbes, and of such kind as shall
be most appropriate for your in-
firmitie with some reasonable
quantitie of water, close the same
with an apt couer, and well lute
with some paste made of flower
and whites of Egges : at some
parte of the couer you must let in
a leaden pipe (the entrance
whereof must also be wel luted)
this pipe must be conueyed tho-
rough the side of the Chimney,
where the pot standeth in a thick
hollow stake, of a bathing tubbe
crossed with hoops according to
the vsual maner in the top, which
you may couer with a sheete at
your pleasure. Now the steame
of the pot passing thorough the
pipe

ointments, beanties, &c.

pipe vnder the false bottome of the bathing tub, which must bee boared full of bigge holes, will breath so sweete and warme a vapour vpon your body, as that (re- ceiuing aire by holding your head without the tubbe as. you sit therein) you shall sweat most temperately, and continue the same a long time without fainting. And this is performed with a small charcoale fire maintained vnder the pot for this purpose. Note that the roome would bee close wherein you place your bathing tub, least any sodaine cold should happé to offend you whilst your bodie is made open and porous to the aire.

28. Divers sorts of sweet or hand waters made sodainly or extempore, wth the extracted oyles of splices.

First you shall vnderstand that F. whensoeuer you shall drawe anie

Sweete powders,

any of y aforefaid oyles of Cina-
mon, Cloues, Mace, Nutmegs or
such like, that you shall haue also
a pottle, or a gallon more or lesse,
according to the quantity which
you drawe at once, of excellent
sweete washing water for your ta-
ble, yea some do keepe the same
for their broaths, wherein other-
wise they should vse some of the
same kind of spice. But if you take
three or four drops onely of the
oyle of Cloues, Mace, or Nut-
megs (for Cinnamon oyle is too
costly to spend this way) and min-
gle the same with a pinte of faire
water, making agitation of them
a pretie while together in a glasse
hauing a narrow mouth, till they
haue in some measure incorpo-
rated themselues together, you shal
find a verie pleasing and delight-
full water to wash with, and so you
may alwayes furnish your selfe of
sweet water of seuerall kinds, be-
fore such time as your guests shal
bee

ointments, beauties, &c.

be readie to sit downe. I speak not here of the oile of spike, which wil extend verie farre this way, both because euerie gentlewoman doth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge to bee the cheaper way, for that I assure my selfe there may bee ffeue or six gallons of sweete wa-
ter made with one ounce of the
oile, which you may buy ordina-
rily for a groat at the most.

29. An excellent sweet water for a ca-
suing bottle.

Take three drams of oile of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oile of cloues, then take one graine of Ciuet, and three grains of the aforesaid composition well wrought toge-
ther,

Sweete powders,

ther. Temper them well in a siluer
spoone with your finger, then put
the same into a siluer bol, washing
it out by little and little into the
boll with a little Rosewater at
once, til all the oyle be washed out
of the spoone into the boule, and
then doe the like by washing the
same out of the boule with a little
Rosewater at once, till all the sent
be gotten out, putting the Rose-
water still in a glasse, when you
haue tempered the same in the
boule sufficiently. A pinte of Rose-
water will be sufficient to mingle
with the said proportion: and if
you find the same not strong
enough of the ciuet, then you may
to euery pinte put one graine and
a halfe, or two graines of ciuet to
the weight of three graines of the
aforesaid composition of oyles.

30. *To colour a blake haire presently
into a Chefsnut colour.*

This

ointments, beauties, &c.

THIS is done with oyle of Vitrioll, but you must doe it verie carefully not touching the skin.

31. A present and delicate perfume.

LAy two or three droppes of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or storax.

32. To renew the sent of a Pomander.

TAKE one graine of ciuet, and two of inuske, or if you double the proportion it will bee so much the sweeter, grind them vpon a stone with a little Rosewater, & after wetting your hands with Rosewater, you may worke the same in your Pomander. This is a sleight to passe away an olde Pomander, but my intention is honest.

33. How

33. How to gather and clarifie
May dew.

When there hath fallen no
raine the night before, the
with a cleane and large spoonge,
the next morning you may gather
the same fro sweet hearbs, grasse
or corne, straine your dewe, and
expose it to the sunne in glasses
couered with papers or parch-
ment prickt full of holes, straine
it often, continuing it in the sun,
and in an hote place till the same
grow white and cleere, which will
require the best part of the sum-
mer. Some commend May dewe
gathered from Fennell and Ce-
landine, to be most excellent for
sore eyes, & some commend the
same (prepared as before) aboue
rosewater for preseruing of fruits
flowers, &c.

34. Diuers excellent sentes for gloues
with their proportiones and other cir-
cumstances, with the maner of per-
fuming.

THe. Vi let, the Orenge, the
Lemmon duely proportioned
with other sentes, performe this
well; so likewise of Labdanum,
Storax, Beniamin, &c.

The manner is this. First lay
your vmbre vpon a few coales till
it begin to cracke like lime, then
let it coole of it selfe, taking away
the coales, then grinde the same
with some yellow ocre, till you
perceiue a right color for a gloue
with this mixture wash ouer
your gloue with a little haire
brush vpō a smooth stone in eue-
ry seame and all ouer, then hang
your gloues to drie vpon a line,
then with gum Dragagant dissol-
ued in some Rosewater, & ground
ywith a little oyle de Ben, or of
sweete

Sweet powders,

sweet almonds vpō a stone, strike
ouer your gloues in euerie place
with the gum and oyle so ground
together, doe this with a little
spoonge, but be sure the gloues
be firthroughly dry, and the co-
lour wel rubbed and beaten out
of the gloue; then let them hang
againe till they be drie, which will
be in a short time. Then if you wil
haue your gloue to lie smooth &
faire in shewe, goe ouer it againe
with your spoonge, and the mix-
ture of gumme and oile, and dry
the gloue yet once againe. Then
grinde vpon your stone two or
three graines of good musk, with
halfe a spoonfull of Rosewater,
and with a verie little peece of a
spoonge take vp the composition
by a little and little, and so lay it
vpon your gloue lying vpon the
stone. Pick and straine your gum
Dragagant before you vse it. Per-
fume but the one side of your
gloue at once, and then hang it vp
to

Ointments, beauties, &c.

to dry, and then finish the other side. Tenne graines of muske will giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue, and if you worke vpon a kids skin or goates skin, which is vsuall leather for rich perfumes, the you must adde more quantitie of the oyle of Benz to your gumme, and go ouer the gloue twise therewith.

35. Sweet bags to lie among linnen.

Fill your bags only with lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. To make haire of a faire yellow or golden colour.

The last water that is drawne from honey being of a deepe red colour performeth the same excel-

Sweete powders,
excellently, but the same hath a
strong smell, and therefore must
be sweetned with some aromati-
call bodie.

Or else the haire being first
clean washed and then moistned
a prettie while by a good fire in
warm allum water with a spunge,
you may moisten the same in a
decoctiō of Turmerick, rubarb,
or the barke of the Barberie tree,
and so it will receive a most faire
and beautifull colour. The Dog-
berrie is also an excellent berrie
to make a golden liquor withall
for this purpose, beat your allum
to powder, and when the water
is readie to seeth, dissolve it ther-
in, fourte ounces to a pottle of wa-
ter wil be sufficient, let it boyle a
while, straine it, and this is your
allom licour wherewith you must
first prepare the haire.

37. How to colour the head or beard in
to achesunt colour in haif an houre.

Take

ointments, beauties, &c.

X

Take one part of lead calcined
with sulphur, and one part of
quicke lime, temper them some-
what with water, lay it vpon
the haire, chafing it well in, and
let it drye a quarter of an house
or thereabout, then wash the same
off with faire water diuers times.
and lastly, with soape and water,
and it wil be a very naturall haire
colour. The longer it lyeth vpon
the haire the browner it groweth.
This coloureth not the flesh at al,
and yet it lasteth verie long
in the haire. *Sæpius
expertum.*

FINIS.